



MANHATTAN DERMATOLOGY

MICRONEEDLING TREATMENT INSTRUCTIONS

WHAT TO EXPECT DURING + AFTER MICRONEEDLING TREATMENT

- Pinpoint bleeding
- Some discomfort
- Warmth/heat
- Tingling sensation from numbing cream
- Redness
- Minimal swelling
- Sunburn sensation

In some spots of the treatment redness, pinpoint bleeding may occur. Redness may present during and after treatment. Not all areas will experience the same erythema. Erythema can last a few days. You may also experience mild dryness.

You may also experience minimal swelling after the treatment. To help minimize swelling, you may use cold packs and sleep elevated with a few pillows at night.

POST-CARE

- If your procedure included PRP, leave this on your skin for 6 hours. Wash off using a gentle cleanser.
- Do not apply makeup 6 hours post treatment.
- Please use a gentle cleanser, moisturizer, and sunscreen for the next week until your skin is back to normal.
- Avoid vitamin C, retinoids, glycolic, salicylic, alpha and beta hydroxy acids for 1 week.
- Avoid direct sun exposure for 1 week.
- Refrain from exercise for 24 hours.
- Be sure to use sunscreen daily. We recommend a physical sunscreen (containing zinc).

If you have any questions or concerns, or experience an unexpected reaction, please call us immediately. A physician can always be reached after hours through the answering service. We are happy to speak with you any time: (310) 546-1188.