



MICRONEEDLING POST CARE INSTRUCTION SHEET

AFTER Your Microneedling Treatment:

- You could experience redness between one to three days
- You may experience inflammation, itching, burning and possible breakouts
- You may experience some swelling around the eye area

POST PROCEDURE INSTRUCTIONS:

- Do not touch your face for a minimum of 4 hours
- Avoid washing your face after the treatment – you may cleanse and wash tomorrow morning
- If the skin feels dry and/or tight, you may apply a post-care cream after the initial 4 hours
- It is recommended to avoid exercise and sun for 72 hours post-procedure
- Change your pillow, wipe your phone and glasses with an anti-bacterial wipe the day of treatment
- Avoid cooking – if you must, keep your face away from steam & the oven
- Do not do any rigorous cleaning to prevent dust and debris from entering the skin
- It is recommended to wait at least 24hrs before applying makeup & preferably mineral based makeup as it's the safest that does not contain oils
- Apply a sunscreen of SPF 30 or higher the next day after your post care moisturizer
- Avoid applying any skincare products containing active ingredients for 1 week

IF YOU HAVE ANY QUESTIONS OR
CONCERNS, PLEASE CONTACT US AT THE
CLINIC 905-946-2222 OR EMAIL US AT
INFO@TTMSPA.COM



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