

K2 Aesthetics & IV LOUNGE
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Microneedling Post Care

POST-TREATMENT INSTRUCTIONS

After microneedling, expect redness, mild swelling, tenderness, and peeling for a few days. If swelling lasts over a week or gets worse, consult your healthcare provider.

WHAT TO DO:

- Use SPF +50 every day even if you're not exposing your face to sunlight.
- Wash your face twice daily in lukewarm water with a gentle scent free cleanser approved by your practitioner. Use your hands only, no rubbing and pat dry.
- Gently apply a layer of serum and moisturizer approved by your practitioner, at least 2 times a day. It's advised that you increase moisturizing for at least a week.
- Use a cool compress (not ice) as needed for pain/swelling.
- Stay hydrated.

WHAT TO AVOID:

- Avoid alcohol and blood thinning medication for 24 hours.
- Avoid wearing makeup for 48 hours and make sure your brushes are clean when you get back to your routine.
- Avoid strenuous exercise for 48 hours.
- Avoid extreme temperatures (cold and hot) for 48 hours.
- Avoid sun exposure and heat as much as possible for two weeks. Wear sunscreen SPF +50 daily for 2 weeks post treatment. Exposure to sun and UV rays can increase the chance of hyperpigmentation. If you must be in the sun, apply SPF 50 or greater, reapply often, wear a wide brimmed hat, and seek shade if possible.
- Do NOT pick or pull at dry or peeling skin, let it fall off naturally.
- Do NOT scrub or exfoliate treatment areas for one week.
- Do NOT start the use of topical actives for at least one week, and make sure skin is fully healed prior to using.
- Do NOT have any other facial treatments for at least 2 weeks after your treatment.

For questions or concerns call:
