

## Microneedling Treatment Aftercare:

**Expect redness 8-12 hours – may apply aloe to help (& hyaluronic acid/serum).**

Special precautions must be taken post-treatment. During the first 24 hours, the face becomes very susceptible to climatic factors (especially wind and cold).

**If special care is not taken into account, freshly microneedled skin can easily sunburn and be susceptible to sunspots and dirt/bacteria. Avoid wearing makeup, taking hot showers, or exercising for 24 hours.**

Protect the skin with mineral-based sunscreens for the week after microneedling.

Microneedling moves blood, qi, and interstitial fluid to the area of treatment. Much like acupuncture, this causes the body to send its own resources to repair it. In the face, this repair can be seen almost immediately post-treatment through the brightening of Shen or glow. In Western biomedical terms, the body is beginning its inflammatory response to put down new stem cells, collagen, and elastin.

Treatment frequency is **once a month for microneedling** and once a week for nanoneedling. Nanoneedling is more superficial and will speed up the results of microneedling.