

# MIA BELLA

SKIN BOUTIQUE

## Guide to Post Epi-Blading Treatment Care

### Serums and Hydration:

- Use: Antioxidants, hydrating, and peptide serums as prescribed by your technician. These products are essential to maximize the results of your treatment.

### Skin Care Products:

- Avoid: Using advanced AHA (Alpha Hydroxy Acids), Retin A, and any exfoliation products (mechanical/physical or enzymatic) for 3-5 days post-treatment. These products can be too harsh on your freshly treated skin.

### Sun Protection:

- Must Use: SPF 50+ daily post-treatment. This is crucial to protect your skin from harmful UV rays and prevent damage.
- Avoid: Direct sun exposure for one week post-treatment. Your skin will be more sensitive to sunlight and more prone to damage.

### Activities and Exposure:

- Avoid: Heat-generating activities for 24 hours post-treatment. This includes exercise, hot showers, saunas, and swimming. These activities can increase irritation and inflammation in the treated areas.

### Facial Waxing and Hair Removal:

- Avoid: Facial waxing and other hair removal procedures for 14 days post-treatment. These procedures can irritate and harm the treated skin areas.

### Makeup:

- Use: Mineral makeup post-treatment. Mineral makeup is recommended because it's gentler on the skin and less likely to cause irritation or clog pores.

### Additional Tips:

- Stay Hydrated: Drink plenty of water to help your skin heal and maintain its hydration.
- Gentle Cleansing: Use a gentle, non-irritating cleanser to keep the treated area clean.
- Monitor Your Skin: Pay attention to how your skin reacts post-treatment. If you notice any unusual symptoms or if irritation persists, contact your technician or a dermatologist.
- Follow Up: Keep up with any scheduled follow-up appointments with your technician to ensure the best results and proper healing.

Remember, these post-treatment instructions are designed to help you achieve the best possible results while ensuring your skin heals properly and safely. If you have any doubts or specific concerns, always consult with your treatment provider.