

MIA BELLA

S K I N B O U T I Q U E

Guide to Post Skin Needling Treatment Care

- **Expect Redness & Swelling:** Immediately after treatment you may notice redness and slight swelling, like a mild sunburn sensation. This typically lasts no more than a day or two.
- **Dryness and Flakiness:** 3-5 days post-treatment, your skin may become dry and flaky. This is normal as dead skin cells are being shed.
- **Care:** Avoid picking the skin. Apply moisturizer 2-3 times per day. After this phase, your skin will feel softer and appear more radiant.
- **Collagen and Elastin Production:** Ongoing Process, skin needling stimulates natural collagen and elastin production for up to 12 weeks post-treatment.
- **Results:** Vary per individual. Some notice changes within weeks, while others may need multiple treatments.
- **Avoid Sun Exposure:** Post-Treatment Sensitivity, your skin will be more sensitive to the sun for several weeks.
- **Sunscreen:** Avoid sunscreen immediately after treatment. Use a mineral sunscreen after 24 hours.
- **Sensitive Skin State:** Post-treatment, avoid skincare products with active ingredients like retinol, alpha hydroxy acids, and Vitamin C.
- **Resume Use:** Incorporate these products 3-5 days after treatment or as advised by your therapist.
- **No Makeup Post-Treatment:** Avoid makeup for 24 to 48 hours after treatment to allow skin to heal.
- **Avoid Activities Causing Sweat:** Avoid activities that cause sweating to prevent additional heat and potential bacterial penetration.
- **Avoid Anti-Inflammatory Medications:** Skin Needling has a natural inflammatory Process: Avoid medications like ibuprofen before and after treatment to allow natural skin rejuvenation.
- **Use Gentle Cleanser:** Use a mild cleanser and barrier cream to keep skin clean and soothe dryness or flakiness.
- **Use Collagen Stimulating Peptides:** These peptides aid in collagen production and intensify the effects of skin needling.
- **Apply a Cool Face Mask:** A cooling face mask can help alleviate irritation and redness.
- **Broad Spectrum Sunscreen Post-Healing:** After Healing: Once your skin has healed, use a broad-spectrum sunscreen to prevent pigmentation and sun damage.

Additional Tips:

- **Monitor Skin Reaction:** Keep an eye on your skin's reaction post-treatment and contact your skincare professional if you notice any adverse effects.
- **Follow-Up Treatments:** Adhere to the recommended schedule for follow-up treatments to achieve optimal results.
- **Stay Hydrated:** Drink plenty of water to help your skin heal and rejuvenate.

Remember, these instructions are designed to ensure the best possible results from your skin needling treatment and to promote safe, effective healing. If you have any specific concerns or questions, consult with your skincare professional.