



## Microneedling Patient Instructions & After Care

### Day of Treatment

- Your skin may be red, tingle, and have a sunburn like effect for 1-3 days
- No Sun exposure for at least 24 hours after your treatment.
- No makeup day of treatment
- No exercise that causes sweating- No Swimming
- Avoid hot baths or showers / saunas for 24 hours.
- Avoid touching your face- It is vulnerable to bacteria.
- You may use a very mild soap or water only to cleanse -day of treatment.
- Use **Aculift Calm spray** provided to soothe the skin as needed.
- No extra skin care products on the day of treatment.
- No exfoliating products, or medications in the area for 1 week.
- Area treated may appear darker after treatment before the healing process begins.

### Day After Treatment-rebuild, soothe and protect.

- Next morning- wash the treated area with mild cleanser or water.
- Use **Aculift Superb Serum & Ageless cream** 2x per day, Calm spray as needed.
- Apply mineral sunscreen daily, avoid direct and extended sunlight.
- Wear hats & protective eyewear to protect the treatment area if possible.
- Makeup can be applied

### 48 Hours After Microneedling & Beyond:

- If skin is dry or flaking- Hydrate and gently exfoliate with washcloth and mild soap
- Return to regular skincare routine, **AcuLift Calm spray** as needed.
- Continue full spectrum **sun block of 30 or higher**

Results are sometimes apparent after 1 treatment and will improve over a series of 3-6 monthly treatments. Results will continue to progress after several months, and can last up to 5 years. Regular facial care, supportive diet, exercise, and acupuncture support will only keep positive results lasting longer.