



MICRONEEDLING

SKIN REJUVENATION

RECOMMENDATIONS AFTER YOUR TREATMENT

Congratulations! You have just completed your microneedling treatment. Here are our recommendations to follow for the next two weeks. If you have any questions or concerns, do not hesitate to contact us. We are here to help you.

- **Keep your skin well hydrated** with an appropriate cream for your skin type.
- Please **avoid the following activities** for up to 7 days after your treatment : exposure to ultraviolet rays (sun and tanning beds), intensive exercise, hot showers/baths/spas/sauna, spray/self-tanner, swimming (pools or beach), tattoo (including cosmetic).
- Please avoid using skin care **products with inflammatory or exfoliating effect** for up to 5 days after your treatment : retinoids, vitamin A and C, hydroquinone, benzoyl peroxide, alcohol, and any other type of cream containing an acid.
- Please avoid receiving **other treatments in the clinic or at the esthetician** for up to 2 weeks after your treatment, including but not limited to : micro-dermabrasion, laser, pulsed light, chemical peels, injections of neuromodulators and dermal fillers.
- We advise you to **avoid any manipulation of your skin** during the healing time. Minor itching, redness, and dryness of the skin may occur following treatment. Please contact us if symptoms worsen within 48-72 hours of your treatment.

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  [clinicare.md](https://www.instagram.com/clinicare.md)

If you have any additional questions, please do not hesitate to contact us at (514) 466-8822 or via info@clinicare.ca