

# LEINE

Acne and Anti Age Clinic

## Microneedling Post Care

1. **Do not** wash your face for 4-6 hours. A gentle cleanser should be used.
2. **Do not** use physical scrubs or other exfoliating treatments for 5-7 days. Including: Retinoids or tretinoins, acne medication products such as Retin-A®®, Tazorac®®, Renova®®, Atralin®®, Ziana®®, Differin®®, Veltin®®, the antibiotic Doxycycline, peel pads, AHAs (glycolic, lactic, tartaric, etc.), BHAs (salicylic), benzoyl peroxide, lightening agents such as hydroquinone.
3. **Avoid** sweaty exercise, excessive heat, steam rooms, saunas, baths, swimming for 3-4 days post treatment. Showering is ok, do not use extremely hot water.
4. Exposure to sun is to be **strictly avoided** on the day of your procedure and for 2 days thereafter. **Avoid** the sun for 2 weeks. **Apply Mineral SPF 30+** (TIZO Mineral AM Replenish). Reapply every 2 hours. **Do not** apply chemical sunscreen for 7 days post treatment.
5. **Do not** apply makeup for 48-72 hours. You may wear mineral makeup only beginning the day after your procedure.
6. **Avoid** excessive sun exposure for 7 days.
7. Apply Gentle Cleanser & Moisturizer 2 - 3 times daily, or as needed, to keep your skin hydrated. (Linder Health Gentle Cleanser & Lustre Nourishing Moisture)
8. **Do not** shave, tweeze, pick, rub, or exfoliative products including loofahs or coarse sponges, facial exfoliants, or scrubs for 5-7 days. Interfering with the skin's natural shedding process can lead to bleeding and scarring. If your skin peels, let it fall off naturally.
9. Wait 4 weeks before receiving another treatment on the treated area: laser, microneedling, dermabrasion, botox, filler, ect.

Call or Text Madeleine with any questions. Please send a photo with any questions regarding the skin. :) **945-247-5322**

## **Recovery Time**

**1-3 hours:** Reddening and possible spot bleeding, pores still open, slightly numb. After the numbness wears off, the skin may feel warm and/or tight and may look sunburned.

**Up to 24 hours:** Rash, red dots, minor swelling.

**1 – 2 days:** Rash, red dots, reduced swelling, minor itching, dry/tight sensation.

**2 – 3 days:** Reduced rash, fading of red dots, dissipated swelling, reduced itching, skin flaking may occur.

**3 – 4 days:** Potential slight dryness.

**4 – 7 days:** Full recovery with normalized function.

## **Results**

**1 week:** Improvement in skin texture.

**3 weeks:** Improvement in pigmentation begins.

**6 – 8 weeks:** Improvements in lines, wrinkles and scarring begins.

A series of 4 collagen Inductions with Rejuvapen, performed 4-6 weeks apart, is recommended for optimum results.

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