

RF MICRO NEEDLING AFTERCARE

- Recovery for this procedure is relatively minimal. You can go back to school or work the next day if you wish.
- There may still be some redness and other signs of minor irritation, but you'll want to avoid applying too many products to your skin.
- Simply cleanse once a day and moisturise as needed. If desired, follow with a lightweight foundation or powder to minimise redness. Your therapist may also recommend or provide products to help your skin recover.
- You'll want to avoid alcohol-based products and exfoliants during the recovery stage. Proper sun protection is also very important.
- Until your skin has completely healed, avoid rigorous activities that might cause excessive sweating and heat production. Examples include running, playing tennis, and heavy workouts.
- Sweating may cause additional irritation, and rigorous activities may increase the risk of swelling or bruising. This usually should be avoided for at least 72 hours after your treatment