



New Glow Medspa - Microneedling Post Treatment Care

It is normal for the skin to feel tight and skin may be red. You may have light exfoliation.

Do Not:

- Go swimming or participate in activities that cause excessive perspiration for 24 hours.
- Take a hot tub, or sauna for at least 24 hours.
- Use any skin care product the day of treatment.
- Use make-up for the first 24 hours; a pure mineral make-up is recommended after 24 hours.
- Pick or rub skin.
- Use buffs, scrubs, or exfoliating products for the first 24 hours.
- Expose your skin to direct sun and excessive heat for the first three days.
- Use a tanning booth for at least 3 weeks before and 3 weeks after your treatment.
- Wax, use depilatories, or have collagen or Botox injections on the treated area for a minimum of 5 days following your treatment.
- Use products with AHAs or Retinol for 7 days after treatment.

Do:

- Discontinue Retin A/ Renova for 7 days, and Tazorac for 10-14 days post treatment.
- Use SPF daily.
- For anti-inflammatory and soothing benefits apply the soothing balm with hydrocortisone.
- At night, you may choose to apply a more hydrating moisturizer.
- Rarely, pin point bleeding, excessive redness may develop, apply Polysporin ointment and notify the office at **480-544-0789**.

Signature of Patient

Print Name

Date

Signature of Practitioner

Print Name

Date