



Microneedling Post Care Instructions

- Do not expose the skin to sunlight for 48 hours after the treatment.
- Do not cleanse your face for 12 hours after the Microneedling treatment.
- Wash the face the following morning using a mild cleanser (Dove Soap).
- Do not use any “ACTIVE INGREDIENT” skin care products. These commonly include things like Alpha Hydroxyl Acids, Retinol and other similar agents. The skin will be highly sensitive and these products will only irritate it further.
- Do not apply make-up for 48 hours after the treatment
- The Ulitmate Skin Cocktail Gel is to be applied three times a day.
- The Phi Soothing Cream is to applied when the client feels the skin pulling or tightening.
- Avoid sweating for 5 days after the treatment. As you sweat the pores of your skin will reopen, and the bacteria on your skin may enter the skin punctures. This can lead to inflammation or infection.
- Avoid, swimming pools, tanning booths and saunas for 5 days after the treatment.
- Do not have botox for three weeks after microneedling.
- Up your water intake. It is important to stay hydrated before and after your procedure to help your skin heal and rejuvenate faster.

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