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***Microneedling Post-Care Instructions***

What to expect following your treatment:

* On the day of treatment, you may experience the following symptoms after treatment:
  + Redness
  + Light bruising
  + Skin tightening
  + Mild burning
  + Mild swelling
* The days following treatment, you may experience the following symptoms
  + Peeling
  + Redness
  + Dry skin
* 2-3 days after treatment your symptoms should continue to improve, if you have any questions or do not see improvement in the symptoms previously listed or notice any signs of infection such as fever, tenderness, excessive warmth of treated area or drainage please contact our office at **(703)827-8600**.

Guidelines for Post-care:

* DO NOT rinse or wash your face until the morning after treatment.
* You may use the HA Gel that is given to you throughout the day after your treatment.
* Use the face mask provided for 15-30 minutes before going to bed the day of treatment. DO NOT remove excess lotion from mask with a towel or water. Please note: mask may cause skin to be sensitive.
* The morning after treatment, use a gentle cleanser to wash face and pat dry. The day after treatment you may NOT use any products on the treated area aside from a light sunscreen if desired.
* You may return to your normal skin care routine 72 hours post treatment if you do not experience peeling or sensitivity.

What to avoid:

* Refrain from glycolic acid products, retinol products, or any products with active ingredients until skin peeling subsides.
* No exercise or activity with excessive perspiration for the first 48 hours after treatment.
* No make-up until 48 hours after your procedure.
* No heavy sun exposure for at least 2 weeks.