

Microneedling

Aftercare

Dr. Krystal Couture, PT, LAc.



What to Expect:

- Redness and minimal irritation for 8-12 hours
- May have pinpoint bleeding
- May have peeling / itching
- Results can begin to show within 2 weeks
- Microneedle sessions 1x/month for 6 months (can add nanoneedling + cosmetic acupuncture between)

Treatment Day Best Practices

- No Exercise (sweat can irritate the face)
- No Sun Exposure
- No Make Up
- Do not use face washes or products
- Use Calendula Spray to soothe skin
- Drink lots of water

48 hours after treatment

- Use Calendula Spray as needed
- Hydrate skin 2x/day with natural oils like jojoba or argan
- Avoid direct and extended Sun Exposure and apply high protection sunscreen
- Wash with mild, natural soap

7 Days Post treatment

- Return to regular skincare routine (including gum sha)
- Continue frequent hydration of skin and body

If you have any questions, please do not hesitate to call us at 603.387.3347.

