

lachelé

AESTHETICS & WELLNESS

MicroNeedling Post Treatment Instructions

To obtain optimal treatment results, it's imperative that you follow the advice of your La Chelé medical provider, including but not limited to the following:

Avoid direct sunlight for at least 10 days.

Do not apply sunscreen for the first 72 hours post treatment. Be very careful with exposing your skin to the sun at this time.

Do not apply makeup for at least 24 hours post treatment.

Avoid activities which will result in excessive sweating such as intense work outs, saunas, and steam rooms for 24 hours.

Wash the face *gently* a few hours after the treatment using only water to remove all serum and other debris such as dried blood. **Avoid washcloths, loofahs, sonic cleansing brushes, etc.** for one week post treatment. Skin may be temperature sensitive at this time, so **avoid extreme temperatures when cleansing or showering.**

On cleansed skin, apply the recommended post-treatment skincare products recommended by provider.

For the first few days, the skin may feel dry and tight. Continue use of the recommended post treatment skin care products. **After 48 hours**, or when it feels back to baseline, **you may return to your regular skincare routine.** Retinol or Retin-A products are suggested at this time.

Do not use any alcohol based toners or products for 10-14 days post treatment.

If you have any questions or concerns, please call our offices at (855) 522-4353 and follow the prompt for your desired location. During off hours, call Dr. Espinoza's cell at (908) 303-5694.

You can also email us at team@lachele.com