

**THE  
MAXIM  
CLINIC**

AESTHETICS & WELLNESS

**Microneedling POST- TREATMENT INSTRUCTIONS:**

1. Erythema(redness) may be experienced for 1-2 days depending on how aggressively the performed treatment was, Slight to moderate swelling and sunburn sensation are ALL common post treatment expectations. You may use a cool compress, or fans to keep the skin cool and reduce swelling after treatment.
2. Make sure you keep the area clean to avoid contamination or infection for 7 days. **GENTLE** Cleansers should only be used to keep the area clean. Avoid any exfoliating cleansers.
3. Use Aquaphor to keep area moisturized after treatment. NO Vaseline or fragrant oils should be used for post treatment process.
4. Tiny scabs may appear after 1-2 days and stay for several days following the treatment. The scabs should **NOT** be touched or scratched during the healing process.
5. Prophylactic antiviral therapy should be continued for patients with a history of cold sores when treating around the mouth.
6. Make-up may be applied 48-72 hours once microneedle channels have closed and erythema has dissipated.
7. **AVOID** any exfoliators or vitamin c for 5-6 days POST treatment.
8. **AVOID** Steamy showers, and vigorous activity for the first 72 hours post treatment.
9. **AVOID** Any prolonged direct sun exposure, please note that tanning beds, spray tan, and self-tanning should be avoided for 7-10 days post Morpheus treatment.
10. Use SPF 30+ to keep skin protected if you go outside. You will need to keep this area protected for 30 days after the treatment. Please use SPF With **ZINC OXIDE ONLY**. This may leave a white cast but can be mixed in with a moisturizer to ensure better absorption.
11. Tylenol may be taken if any discomfort is followed by the treatment. Please contact your provider if any indication of infection, excessive swelling or unusual symptoms occur.