



Beauty & Wellness Center

## Min's Dynasty Home Care Instructions Microneedling

**What to know if you have completed a microneedling procedure:**

**DO NOT EXPOSE YOURSELF TO THE SUN:** After you have undergone your microneedling procedure, avoid the sun as much as you can because the skin channels are open. This does not mean that you should apply sunscreen. After a treatment, the skin channels are usually very open and therefore if there are any toxins in the sunscreen, it will be harmful to you.

**DO NOT USE ANY 'ACTIVE' SKIN PRODUCTS:** After the procedure avoid any skin care products that have active ingredients like Alpha Hydroxyl Acids, Retinol or any other product. The skin is still sensitive and these products will cause irritation.

**USE COLLAGEN STIMULATING PEPTIDES:** Microneedling serves to stimulate the production of collagen. After the skin has recovered from the procedure, use this product to further help with the stimulation of collagen production.

**AVOID THE USE OF MAKEUP AFTER TREATMENT:** It is important that you give your skin room to breathe for 24 hours or more after the procedure and especially when using a brush. The brush bristles can penetrate the pores because the skin channels are still open. When the brush is dirty, it can contaminate the skin and consequently lead to infections. All this is avoidable by giving your skin time to recover before you go back to makeup.

**USE A MICRONEEDLING COOLING MASK:** After you have undergone microneedling, you may experience some skin inflammation. A cooling mask will generally reduce the inflammation of the skin and provide you more comfort.

**USE ANTIOXIDANT SERUM:** An antioxidant serum typically has properties that help the skin in healing. It will also help in soothing the skin and consequently reduce the irritation. These products are highly recommended.

**AVOID ANY VIGOROUS ACTIVITY:** You should avoid engaging in any activity that is vigorous such as working out at the gym. Sweat may cause adverse effects. Your sweat containing bacteria can find its way into skin punctures.

**HYDRATE YOUR SKIN ONCE IN A WHILE:** Hydrate your skin preferably with water or other products that do not irritate or contain toxins. Hydrating will feel good because the skin may feel tight and very dry after the procedure.

Min's Dynasty  
428 Main Street Suite 101  
Huntington Beach, CA 92648  
310-433-0245