



Post Treatment Instructions - Microneedling

Microneedling is a clean and safe way to rejuvenate your skin and improve the look of imperfections and scarring. The eDermastamp is licensed by Health Canada and is FDA approved. This non-ablative treatment uses tiny needles to stimulate the production of collagen and elastin in your skin. As a result, new skin tissue replaces old damaged skin which reduces the appearance of many common skin concerns. While medical microneedling doesn't have a lengthy downtime, it still requires careful aftercare to keep your skin healthy.

To ensure proper healing after your microneedling treatment, please follow the tips and instructions below.

- Apply your provided hyaluronic acid serum to your face as needed for the first day post treatment.
- Cleanse your face with the samples provided every day and night post microneedling for three days.
- It is very important to avoid the use of Retin A, Retinols, Vitamin A creams, Vitamin C serums and other topical medications for three days after your treatment.
- Return to your normal skincare routine three days post treatment.
- Please avoid direct sunlight immediately after microneedling and refrain from using sunscreen for 48 hours.
- After 48 hours, please use sunscreen consistently! We recommend using the SkinCeuticals Physical Fusion (SPF50) or the Colorscience powder sunscreen (SPF50).
- Please refrain from exercise, pools, saunas, hot tubs, and sun-beds for 48 hours post treatment.
- Please avoid touching your treated skin unnecessarily.
- Always wash your hands before touching the treated skin.
- Please avoid all makeup for the first day if possible. If you must use makeup on the first day, please only use Jane Iredale mineral makeup as it is the only safe post procedure makeup approved by London Plastic Surgery.
- Make sure to use a clean brush or sponge. Thoroughly wash or purchase makeup brushes prior to applying any makeup post treatment. (Available for purchase at our location)
- Flaking or peeling post procedure is normal- please do not pick.
- Some redness is to be expected for the first 24-48 hours.
- Please ensure to change your pillow case immediately after your treatment.