



Body Beautiful of NY

Lash Extensions, Cosmetic Tattooing & Esthetic Day Spa

Micro-Needling Post-Treatment (Instructions)

Immediately after your Micro-Needling procedure, your practitioner will apply moisturizer And sunscreen topically. Do not take any anti-inflammatory medication such as Ibuprofen, Motrin, Alive Etc. These agents will interfere with the natural inflammatory process that is critical and responsible for your skin rejuvenation. Avoid **sun tanning** and prolonged exposure to direct sunlight. When exposed to sun always use sun screen SPF30 or above.

On the day of you first Micro-Needling treatment you will be sent home with YONKA Cleanser, Toner, Gommage 305 and a moisturizer. One time only!

Future products will be an additional cost.

- Redness and sensitivity might be present and last up to a few days
- Flaking my start 3-5 days after Micro-Needling DO NOT PICK or SCRATCH
- Avoid strenuous exercise or sweating for 48 hrs. due to open pores
- Avoid hot showers, hot tubs, saunas, excessive heat
- Always wash hands before touching your face
- Avoid sleeping with pets
- Treat skin gently, washing with YONKA cleanser, toner rinse with cool water pat dry
- Avoid sun exposer. Apply SPF30
- May use makeup after 24 hrs.
- Eat pineapple to optimize healing

Day 1: Your skin will be pink or red in appearance, Sensitivity is normal, much like a milled sun burn, for a couple of day.

Day 2-7 Within two (2) days following your Micro-Needling procedure, you will notice skin dryness and flaking. This is due to increased turnover of skin cells. During this period, you will Exfoliate every other day with the YONKA Gommage 305.

Day 7+ A week after the Micro-Needling Procedure your skin will be smoother and more radiant. Continue with your daily regimen of YONKA cleanser, toner, moisturizer Exfoliate every other day Gommage 305.

Patients Signature _____ Date ___/___/___