



Microneedling Post Care

1. For the next 24 hours, use absolutely nothing on your face except Rescue. After 24 hours you may apply makeup and use your regular routine except for retinol/Retin-A (you may resume after one week). You will also want to avoid scrubs and exfoliating pads for a few days after the treatment.
2. When the numbing wears off, your skin may feel like you have a mild sunburn.
3. Redness and swelling will occur and may last for several days.
4. Dryness, peeling, and skin sloughing may occur for several days after treatment.
5. Return for a follow-up treatment in about 4 weeks. Best results are seen with a series of 4-6 treatments combined with a customized ZO Skin Health skincare routine.
6. Sunscreen application is of vital importance. Avoiding the sun for the first week following treatment is strongly recommended.

If prolonged irritation occurs, please email or call our office at 985-255-4448.