

RITUAL

BY TRACY HOLZMAN NP-C

MICRONEEDLING POST-CARE

POST-TREATMENT

GOALS FOR HEALING

For the next few days, focus on **clean, calm, hydrated, and protected** skin.

WHAT TO EXPECT

Day 0–1 (first 24 hours)

- Redness and a flushed, “sunburn” look is normal (intensity varies).
- Skin may feel warm, tight, dry, or sensitive.
- Pinpoint bleeding can occur immediately after treatment.
- **Avoid makeup for at least 12 hours** (preferably 24–48 hours).
- Use a **mineral (physical) sunscreen** once your skin can tolerate it.

Day 2

- Red or pink hue can persist.
- Mild swelling (and occasional slight bruising) may be more noticeable.
- Tiny “scratch-like” marks may be visible.
- Reapply a **non-comedogenic moisturizer** as needed.

Day 3–5

- Skin often returns to a more normal color; dryness and rough texture are common.
- Light flaking or peeling may occur.
- Mild breakouts or milia (tiny white bumps) can happen—using **non-comedogenic** products helps reduce this risk.

HOME CARE

Provider-directed products

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- **Use only the products recommended by your provider.** For best results and to avoid irritation, please follow the product instructions given to you at your visit and avoid introducing new skincare until you're cleared.

Cleanse (AM + PM)

- Wash hands with warm, soapy water.
- Cleanse with a **gentle cleanser** using only your fingertips and lukewarm water.
- Rinse well and **pat dry**—do not scrub.
- **Do not use** washcloths, cleansing brushes (Clarisonic), scrubs, or exfoliating tools.

Moisturize + soothe

- Apply a **simple, non-comedogenic moisturizer** as needed to relieve tightness/dryness.
- **Clean, cool compresses** may be used for comfort (brief intervals).

Sun protection

- Avoid direct sun exposure as much as possible.
- Use a **mineral (physical) SPF** when tolerated. Apply **30 minutes before** sun exposure and reapply **every 2 hours** while outdoors.

Optional add-on

- *Phytoceuticals O-Live* may support healing and is available for purchase in the office.

AVOID FOR BEST RESULTS

For 7 days

- Retinoids/retinol
- Exfoliating acids (glycolic, lactic, salicylic, mandelic, etc.)
- Scrubs, masks with “active” ingredients, peels, or abrasive devices

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For 24–48 hours (or until redness is gone)

- Exercise/heavy sweating (**no exercise for 24 hours**)
- Saunas, steam rooms, hot tubs, very hot showers/baths
- Chlorinated pools/ocean water (best avoided until skin feels fully calm)

For 2 weeks

- Waxing, facials, chemical peels, or other aggressive treatments on treated areas
- Don't pick, scratch, or "help" peeling skin—let it shed naturally.
- Keep phone screens, hands, and pillowcases clean to reduce irritation/breakouts.

WHEN YOU CAN RETURN TO YOUR NORMAL SKIN CARE ROUTINE

- Many clients resume regular skincare **after 2–3 days, once comfortable** and skin is no longer irritated.
- **Mineral makeup** may be applied **the next day** if skin is calm (ideally wait 24–48 hours).

HYDRATION

- Drink **6–8 glasses (8 oz)** of water daily to support recovery.

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If you feel you are having an adverse event, call us

Please contact the office promptly if you experience:

- Increasing redness, warmth, or swelling after Day 2–3
- Pus, yellow crusting, or worsening tenderness
- Fever or chills
- Blistering, hives, or signs of an allergic reaction
- Severe pain or any symptoms that feel unusual or concerning

Emergency warning: If you develop signs of a severe allergic reaction (anaphylaxis)—such as trouble breathing, swelling of the lips/tongue/throat, widespread hives, dizziness/fainting, or tightness in the chest—**call 911 immediately or go to the nearest emergency room.**