

MICRONEEDLING AFTER CARE

Post Care

- Cleanse with a gentle cleanser and apply a hydrating serum and moisturizer
- Avoid direct sun exposure until the skin has healed, and wear broad-spectrum SPF 30+ daily
- Avoid makeup for 24 hours; mineral makeup is preferred when makeup is resumed
- Avoid active or exfoliating products (retinoids, AHAs/BHAs, vitamin C) for 5–7 days
- Avoid strenuous exercise, heavy sweating, and heat exposure (saunas, hot tubs, hot yoga) for 24–48 hours
- Avoid swimming pools and ocean water for 24–48 hours
- Do not pick, scratch, or exfoliate the treated skin
- Resume retinoids and other active skincare products only after the skin has completely healed or as directed by your provider

Post Care Regimen

- Night of treatment: Apply exosomes
- AM and PM for the next 5–7 days:
 - AM: Cleanse with Gentle Cleanser, apply Re-Hydrate serum, Refresh moisturizer, and Defense broad-spectrum SPF 30+
 - PM: Cleanse with Gentle Cleanser, apply Re-Hydrate serum, Refresh moisturizer

What to Expect

- Redness and warmth similar to a mild sunburn are normal for 1–3 days
- Mild swelling, dryness, tightness, and flaking can occur over the following days
- Skin may feel rough or bronzed briefly as it recovers — do not scratch or exfoliate prematurely
- Makeup can typically be worn after 24 hours

CALL OUR OFFICE IMMEDIATELY

Newport Beach: 949.650.8882 **Beverly Hills:** 310.467.2180

Contact us right away if you experience any of the following:

- Increasing pain instead of gradual improvement
- Spreading redness, warmth, pus, or fever
- Blistering or worsening skin discoloration

For life-threatening symptoms, always call 911 or go to the nearest emergency room first.

Questions or concerns? Please contact our office—we're happy to help.

Optimal healing leads to optimal results. Thank you for trusting Batniji Facial Plastic Surgery.