



SQT Bio-Microneedling Post-Treatment Instructions

What to expect post-treatment:

Day 1: Skin will be erythematous (red) and flushed after treatment. You will experience a prickly/itchy sensation for 12-18 hours after treatment. **Do not apply makeup for at least 48 hours.**

Day 2: A red or pink hue persists like a moderate sunburn. Puffiness may be present. Apply provided aftercare for 5 days.

Day 3: Skin can be pink or normal color. The skin can feel dry and/or tight. A slight outbreak of acne is possible as the body begins to detox and cellular turnover begins. Peeling usually begins in 3 to 4 days post treatment and will be replaced with brand new skin within 7 days. If treating pigmentation, dark spots will appear darker until shedding is complete.

Please Note: All clients are unique and could respond differently, the provided guidelines are typical responses but you may respond differently depending on your skin type, condition and medical health.

Home Care:

- Always wash and disinfect hands before touching your face/treated area
- Wash treated area with water only for the first 2 days, using your fingers only (splashing the treated area with water is best).
- **Do not scrub, use a wash cloth or a soft cleansing mitt. Do not use exfoliating products.** A warm shower, with water running over face is recommended after treatment. Use provided home care products for 5 days, morning and night. You may return to your regular cleansing routine after 2 days, as long as there are no chemical/manual exfoliants in your cleanser.
- Cold compresses may be applied following treatment for comfort. If neck or décolletage are treated, the redness might last slightly longer.
- Do not exercise for 24 hours after treatment. Avoid strenuous exercise for two to three days after treatment. Avoid direct sun light, saunas, steam rooms, hot baths or showers until redness is gone.
- Continue to avoid sun exposure to the treatment areas and apply a broad-spectrum sunblock with SPF minimum of 30. Apply it at least 30 minutes prior to sun exposure and repeat after every two hours of sun exposure. **Do not apply Sunscreen at least 12 hours after treatment.**
- Avoid waxing, home exfoliants and facial treatments for 2 weeks after Bio-Microneedling
- Avoid Botox or injectable fillers for 4 weeks after treatment.
- **Do not apply makeup for at least 48 hours**
- Schedule your next Bio-Microneedling treatment for 2 weeks after your previous treatment for best results.

If skin becomes painful, swollen, red or inflamed, please notify your skin care professional. If there are signs of infection within 24 hours after treatment consult with a physician.

Patient Signature

Date