



## Microneedling Post Treatment Instructions

- Avoid anti-inflammatory meds (ibuprofen, Motrin, Advil) for 1 week, and do not use ice, arnica, or bromelain, as they may interfere with the healing process.
- Avoid sun exposure for 2 weeks and use SPF 30+ sunscreen after 24 hours, reapplying every 2 hours. Wear a hat when outside.
- Use Tylenol for any soreness. For optimal healing, consider eating pineapple, tart cherry juice, salmon, bone broth, and continue collagen supplements (Collagen MD). Avoid dairy, wheat, and sugar for 2 weeks.

### **\*All Microneedling treatments include an AnteAge Aftercare Kit**

**Day 1:** After treatment, apply AnteAGE® Stem Cell Solution every 30-40 minutes until empty. You may also use Hyaluronic Acid as needed. Avoid applying anything else for the next 24 hours.

**Day 2-5 (Morning & Evening):** Gently cleanse with AnteAGE® Cleanser, pat dry. Apply a thin layer of AnteAGE® Serum, followed by AnteAGE® Accelerator on the treated area.

### **Other Post-Procedure Recommended Products:**

- Face Reality Ultra Gentle Cleanser
- Face Reality Cran Peptide Moisturizer
- Face Reality ClearDerma
- Face Reality HydraRemedy
- SkinMedica HA5 Hydra Collagen
- SkinMedica TNS serum
- Elta MD Sunscreen