



OTM Skin
Tattoo Removal & Skin Care
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After Care for Micro-needling & Nano Needling

AFTER CARE TREATMENT INSTRUCTIONS:

- A sunburn-like effect is normal for 1-3 days. You will look and feel sunburned after the treatment. Severity of redness will depend on how aggressive the treatment was performed. The skin may feel tight, dry, swollen, and sensitive to the touch. The treated area may appear darker, and the darkened skin may flake off within 1 week. Avoid picking or exfoliating the area and allow old skin to flake off naturally.
- After Care Products and Regimen: Wash the treated area gently twice a day with a gentle cleanser. Use tepid water only. Apply a soothing, healing moisturizer or oil, as often as needed for the first 3 days.
- No sunscreen or heavy creams for the first 4 hours.
- No makeup for the first 12 hours.
- Make sure your sheets and pillowcases are clean.
- Sun exposure must be avoided for at least 24 hours after your treatment, preferably 1-2 weeks. If you know you will get sun exposure, i.e., driving to and from work, walking from your car to the house, etc., we recommend physical avoidance of the sun in all treated areas, a protective hat, sunglasses, use car visors and a full spectrum sun block of SPF 30 or higher.
- Do not use exfoliating medications, chemicals, or products on the treated areas for at least 1 week.
- No exercise that causes excessive sweating, jacuzzi, sauna, or steam baths the first 3 days after needling.
- Advil or Tylenol may be taken as necessary for discomfort. Ice packs may be used if desired to minimize swelling.
- Sleep on your back with your head elevated slightly to reduce swelling.
- For best results and efficacy, we recommend a series of 3-6 treatments intervals (Nano-needling administered at 1 week and miro-needling administered at 4 weeks/28 days).