Natalya Urovish M.D.

Natalya Urovish, MD PC

Aesthetic Medicine & Skin Rejuvenation (516) 200-4821

MICRONEEDLING POST-CARE INSTRUCTIONS

FIRST 24 HOURS

• Avoid washing the treated area for at least 6–8 hours.

• Do not apply makeup.

• Avoid touching or contaminating the skin.

• Expect redness, warmth, and mild swelling (similar to a sunburn).

• Sleep on a clean pillowcase.

24–72 HOURS

• Gently cleanse with a mild cleanser.

• Apply hydrating products (hyaluronic acid, gentle moisturizer).

• Avoid active ingredients (retinoids, acids, vitamin C).

• Avoid sweating, gym, sauna, and hot environments.

• Use mineral sunscreen SPF 30+ daily.

3–7 DAYS

• You may gradually reintroduce normal skincare.

• Avoid exfoliation until skin is fully healed.

• Continue sun protection.

• Mild flaking or dryness may occur.

WHAT TO AVOID

• Direct sun exposure

• Makeup for 24 hours

• Retinoids, acids, and exfoliants for at least 5 days

• Swimming pools, hot tubs, and saunas for 48–72 hours

• Aggressive treatments (lasers, peels) until cleared, at least 2 weeks.

IF YOU HAD PRP/PRF/EZ GEL

• Do not take any anti-inflammatory medications (ibuprofen, naproxen, meloxicam, celebrex, Motrin, Advil, Aleve, or turmeric) for 7 days following procedure.

• Do not drink alcohol for 72 hours after procedure.

WHEN TO CONTACT THE OFFICE (516)-200-4821

• Severe or worsening redness after 72 hours

• Signs of infection (pus, increasing pain, warmth)

• Persistent swelling

• Unexpected rash or allergic reaction **(go to the Emergency Room if experiencing trouble breathing or speaking, tongue or lip swelling, throat closing, or facial swelling)**

For any concerns, please contact the office directly (516) 200-4821.