after care



ASTER AESTHETICS

microneedling *post-care*

TONIGHT

Ensure a clean pillowcase the night of treatment. **Do not cleanse your face until tomorrow morning** — that lets everything we microneeded in settle into the skin, and your skin is already clean. You can still apply your mask and moisturizer tonight; just no washing. Which mask you use depends on whether you added the CO_2 Lift — your schedule is below.

WHAT TO EXPECT

Redness, mild swelling, tightness, heat, and a sunburn-like feeling are normal and settle over the first few days. Deeper, more corrective settings mean more redness and a slightly longer recovery.

YOUR MASKS & PRODUCTS Order Matters

- For **Microneedling**: apply your **Hydrinity Restorative HA Masque** tonight. Use your second biocellulose masque after 24–48 hours.
- For **Microneedling Complete, with the CO2 Lift Masque**: the carboxy mask we applied in the room is today's mask. **Save the Hydrinity for tomorrow,** and the second biocellulose masque for the day after that.
- **Save the excess serum** in the Hydrinity Masque. Use the syringe we give you to draw it up and apply it morning and evening.
- **Skinfuse Rescue Calming Complex** as needed for irritation.
- Additionally, we also recommend, continued use of **Hyacyn Active Spray** daily and follow with **Restorative HA Serum & Skin Better Science Trio Luxe.**

FIRST 24 TO 48 HOURS

- Avoid unnecessary touching, and wash your hands before applying anything.
- **No makeup** for 24 hours — but a **mineral-based tinted SPF is safe** any time you need to go out or cover redness. Ensure to cleanse the skin before bed if SPF is applied.
- Avoid exercise, alcohol, heat, hot showers, saunas, and hot yoga.
- **Do not apply retinoids, exfoliants, vitamin C, acids, or other active skincare.**
- Swelling is minor — you may feel a little puffy. **A clean ice roller** helps; spray it with Hyacyn Active before each use.
- Use only approved post-care products and mineral-based SPF 50+.
- Alert your provider to a history of cold sores and take prescribed prophylactic antiviral.

DAYS 2 TO 10

- Redness and swelling improve gradually. **Do not pick, peel, scrub, or exfoliate.**
- Avoid retinoids, vitamin C, AHAs, and BHAs until fully healed, typically **7–10 days.**
- **Dry, flaky skin before you are fully healed is normal.** Keep your water intake up, eat well, and keep the skin hydrated with your post-care products and moisturizer. These products are designed to calm inflammation, irritation, and itching during recovery. Gentle routine only for the first 7–10 days, with mineral SPF 50+ daily.
- Avoid facials, peels, lasers, and corrective treatments for at least two weeks.

YOUR RESULT Why the Series Mattars

- Your session placed **over 1,600 controlled micro-injuries per second — roughly 3 million in 30 minutes.** Each one is a signal to rebuild.
- Collagen forms slowly. Your result **keeps improving for up to a year** after treatment.
- **A series is what produces the change.** Four sessions a month apart have been shown to increase collagen and elastin deposition by **400% at six months.** One session starts it; the series finishes it.

REACH OUT WITH ANY CONCERN

If something seems off to you, call or text us.

- Worsening redness or swelling, significant pain, drainage, a spreading rash, fever, or signs of infection. A cold sore or blistering outbreak. Anything that worries you, checking in is never a bother.

after care



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