

Post-Care Instructions for Collagen Induction Therapy (Skin Needling)



Although there is essentially no downtime after CIT, the below caution should be taken to ensure optimal results:

- If possible, do not apply anything to your face for the remainder of the day following a skin needling treatment.
- If you work out after your treatment and need to shower, do not put hot water directly onto your face. Just splash your face with cold water.
- Any redness or blotchiness will subside in a couple of hours.
- The day after your service, you can continue with your normal routine.

You may notice that your skin will slough off in the next few days. Do not pick at the skin, as it is simply dead skin cells that are naturally coming off, allowing for new cells to form (giving you a healthier glow to your skin).