



Reston Dermatology+
COSMETIC CENTER

After Care Instructions

Micronage Peel

Typical Recovery: Mild redness, dryness, and light peeling for 3-7 days depending on skin sensitivity.

Aftercare Instructions

Immediately After Treatment

- Do not wash your face for at least 6-8 hours unless otherwise instructed.
- Avoid touching, rubbing, or picking at the treated area.
- Use only products recommended by your provider.

First 3-5 Days

- Cleanse gently using a mild, non-exfoliating cleanser twice daily.
- Apply a gentle moisturizer frequently to reduce dryness.
- Use broad-spectrum SPF 30+ sunscreen daily.
- Reapply sunscreen every 2 hours when outdoors.

Avoid the Following for 5-7 days after treatment

- Retinol, Retin-A, tretinoin
- AHAs, BHAs, glycolic or salicylic acid
- Scrubs or exfoliating devices
- Waxing or hair removal creams
- Hot tubs, saunas, or steam rooms
- Excessive sweating or strenuous exercise (first 24-48 hours)

Makeup

- May be applied after 24 hours, if skin is intact and comfortable.

Important Healing Instructions

- Do NOT pick or peel flaking skin. This can cause irritation, pigmentation changes, or scarring.
- Keep skin hydrated throughout recovery.
- Avoid direct sun exposure during healing.

These instructions are general guidelines and do not replace medical advice. Please follow any specific instructions provided by your healthcare provider. If you have any questions or concerns regarding your recent treatment, please call us at (703) 766-2220.