

Your Healing Journey

First 24–48 Hours

Your skin will appear pink or flushed and may feel slightly sensitive, similar to a mild sunburn.

- ✓ Cleanse gently with lukewarm water and a fragrance-free cleanser.
- ✓ Apply the recommended serum or moisturizer as directed by Maritza.
- ✓ Avoid touching, rubbing, or scratching the treated skin.
- ✓ Do not apply makeup for at least 24 to 48 hours.

Days 3–7

Redness should be subsiding. The skin may feel slightly dry or tight as it continues to heal.

- ✓ Continue gentle cleansing and moisturizing.
- ✓ Avoid active skincare ingredients for at least 7 to 10 days.
- ✓ Protect the treated skin from direct sun exposure throughout the healing period. When outdoors, seek shade and wear a wide-brimmed hat or other protective covering.
- ✓ After Microchanneling with Illuminators, some individuals may experience temporary or persistent darkening known as post-inflammatory hyperpigmentation. Sun exposure may increase or prolong these pigmentation changes, making consistent sun protection especially important.

Ongoing Healing

The skin continues to improve over the following weeks. Multiple sessions may be recommended for optimal results.

- ✓ Resume your normal skincare routine gradually after 7 days.
- ✓ Always protect the skin with daily SPF.
- ✓ Follow Maritza's recommendations for follow-up sessions.

What to Avoid

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| ⚠ Active skincare ingredients for 7–10 days | ⚠ Exfoliating tools and scrubs |
| ⚠ Makeup for 24–48 hours | ⚠ Swimming and saunas for 7–10 days |
| ⚠ Direct sun exposure without sunblock protection | ⚠ Touching or rubbing the treated skin |

What Is Commonly Normal

- ✓ Pink or flushed appearance for 1–3 days
- ✓ Mild sensitivity, similar to a sunburn sensation
- ✓ Slight dryness or tightness as the skin heals, fine lines may appear deeper for the first 7 days
- ✓ Gradual improvement over the following weeks

Contact Your Technician

Contact your technician if you have questions about your normal healing progress, redness or sensitivity, aftercare instructions, whether the appearance of your skin is typical for the stage of healing, or your recommended follow-up sessions. If you are unsure about something you are seeing during the healing process, contact your technician for guidance.

When to Seek Medical Care

Aftercare questions and medical concerns are not the same thing. Your technician can help with normal post-treatment questions, but possible medical complications should be evaluated by an appropriate healthcare professional.

Seek prompt medical advice if you experience:

- ⚠ Severe or worsening pain
- ⚠ Significant or increasing swelling
- ⚠ Redness that is spreading or becoming progressively worse
- ⚠ Unusual warmth around the treated area
- ⚠ Pus-like or unusual drainage
- ⚠ Fever or feeling significantly unwell
- ⚠ Symptoms of an allergic reaction
- ⚠ Any symptom that feels severe, rapidly worsens, or causes significant concern

For severe symptoms, difficulty breathing, or signs of a serious allergic reaction, **seek urgent medical care or emergency assistance.**

Healing Timeline

- ✓ **Days 1-2:** Pink, sensitive, sunburn-like
- ✓ **Days 3-5:** Redness subsides, slight dryness, mild peeling may occur
- ✓ **Days 5-7:** Skin normalizes
- ✓ **Weeks 2+:** Visible results begin to appear, with continued noticeable improvement

Touch-Up / Follow-Up Guidance

Multiple sessions are typically recommended for optimal results. Follow Maritza's guidance on scheduling and the number of sessions appropriate for your skin goals.