



مركز كايلا للتجميل الطبي  
Kayla Medical & Aesthetic Centre

## RF Microneedling – After Care Instructions

### Kayla Medical Center

Al Warqa 1, Dubai

■ +971 52 442 9032 | +971 56 504 2107

### ***Why After Care Is Important***

Proper after care helps the skin heal faster, reduces the risk of complications, and improves overall treatment results.

### ***First 24 Hours – Important Instructions***

- Do not wash your face for at least 24 hours.
- Avoid touching, rubbing, or scratching the treated area.
- Do not apply makeup, creams, or active skincare products.
- Avoid sweating, gym, or heavy physical activity.

### ***Skin Care Instructions***

- Use only gentle cleanser and moisturizer as advised by your doctor.
- Apply sunscreen (SPF 30 or higher) when going outdoors.
- Keep the skin hydrated and clean.

### ***What to Avoid for 48–72 Hours***

- No sauna, steam, or swimming.
- Avoid direct sun exposure.
- Avoid exfoliation, retinol, acids, or harsh products.

### ***Normal Side Effects***

- Mild redness, swelling, or warmth.
- Slight pinpoint bleeding or dryness.
- Mild sensitivity or tightness of the skin.

### ***Medications & Follow-Up***

- Take only prescribed medications if advised.
- Follow the recommended follow-up sessions for best results.



+971 4 340 0154



kayla.alwarqa@gmail.com



Al Warqa'a 1  
DUBAI UAE



Pobox : 455 526 Dubai