



Microneedling **AFTERCARE**

Microneedling stimulates collagen production and improves skin texture—but proper aftercare is essential for optimal results and a smooth recovery.

Immediately After Your Treatment:

- Expect redness, sensitivity, and a mild sunburn-like sensation for 24–48 hours.
- Some pinpoint bleeding or swelling may occur.
- Do not touch or apply makeup for at least 24 hours to avoid infection.

What to AVOID (First 48–72 Hours):

- No makeup or skincare products with active ingredients (retinol, acids, vitamin C).
- Avoid sun exposure and always wear SPF 30+.
- No sweating: skip the gym, saunas, or hot showers.
- Avoid touching your face with unwashed hands.
- No swimming or submerging your face in water.

What to DO:

- Use only gentle, hydrating cleansers and non-active moisturizers recommended by your technician.
- Stay hydrated—drink plenty of water.
- Apply a soothing serum or hyaluronic acid as directed to promote healing.
- Keep your skin moisturized and avoid letting it dry out.

In the Days That Follow:

- Peeling or flaking may occur—do not pick or exfoliate.
- Continue using gentle skincare for 3–5 days.
- After 5–7 days, you may resume your regular skincare, unless otherwise advised.

Contact us if you experience:

- Prolonged redness (over 4 days)
- Rash, hives, or breakouts
- Signs of infection (heat, pus, increased swelling)