



dermalogica microneedling post-treatment instructions

Aftercare is critical for achieving your healthiest-looking skin, so we want to make sure you know exactly what to do.

4 hrs after

Do not touch your face for a minimum of 4 hours.

up to 12 hrs after

Do not wash your face or apply make-up.

up to 48 hrs after

- Do not apply cold compresses or ice packs to skin.
- Avoid taking ibuprofen or other anti-inflammatories.
- Apply a physical SPF 30+ during the day, after 24 hours (and washing your face).

72 hrs after

- Avoid sweaty exercise and sun exposure.
- Avoid active skin care (including AHA/BHAs, exfoliants, Vitamin A, Retinol, etc.)
- If you must wear make-up, use mineral-based, oil-free make-up.
- Do not pick or peel skin during the healing process.

Should you have any concerns after your treatment, please contact your Dermalogica skin therapist.