

Microneedling Post-Care Instructions

[Tori's Treatments](#)

Thank you for choosing **Tori's Treatments** for your microneedling treatment! Proper aftercare is essential for healing and achieving the best possible results.

First 24 Hours

Your skin may feel warm, tight, red, or sensitive similar to a mild sunburn. This is normal.

Please avoid:

- Touching your face unnecessarily
- Makeup
- Sweating/exercise
- Hot showers, saunas, or steam rooms
- Direct sun exposure
- Swimming pools or hot tubs

Use only:

- Gentle cleanser
 - Hydrating serum or moisturizer recommended by your provider
 - Clean pillowcases and towels
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24–72 Hours After Treatment

Avoid:

- Retinol/Retin-A/Tretinoin
- Exfoliants or scrubs
- Glycolic, salicylic, or other acids
- Benzoyl peroxide
- Chemical peels or harsh skincare products
- Picking, peeling, or scratching the skin

Continue:

- Gentle cleansing
- Hydration

- Applying moisturizer regularly
 - Drinking plenty of water
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Sun Protection

Your skin will be more sensitive to the sun after treatment.

Please:

- Wear SPF 30+ daily
 - Avoid prolonged sun exposure
 - Wear a hat outdoors if possible
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What Is Normal

You may experience:

- Redness
- Dryness or flaking
- Mild swelling
- Tightness
- Sensitivity
- Small pinpoint marks

These symptoms usually improve within several days.

Results Timeline

- Skin may appear brighter within a few days
 - Continued collagen production occurs over several weeks
 - Best results are typically seen after a series of treatments
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Contact Your Provider If You Experience

- Excessive swelling
- Blistering

- Signs of infection
 - Severe pain
 - Fever
 - Persistent worsening redness
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Helpful Tips

- Keep skin hydrated throughout the healing process.
 - Avoid restarting active skincare products too quickly.
 - Follow your provider's recommendations for timing of future treatments.
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Thank you for trusting [Tori's Treatments](#) with your skincare goals!