

Microneedling Aftercare

Microneedling, also known as collagen induction therapy, is a clinically proven procedure that utilizes fine, sterile needles to create controlled micro-injuries in the skin. These microchannels trigger the body's natural regenerative processes, stimulating collagen and elastin production for visibly smoother, firmer, and more refined skin. It is a highly effective treatment for improving texture, fine lines, scarring, and overall skin tone.

Microneedling initiates a precise wound-healing response, during which the skin is more permeable and sensitive. Proper aftercare is critical to protect this delicate healing phase, minimize complications, and optimize clinical outcomes. Following a tailored post-procedure regimen ensures enhanced results and preserves the integrity of your treatment investment.



SUNSCREEN

Protect freshly treated skin.

Your skin is extra sensitive to UV rays after microneedling. Use a broad-spectrum SPF 30+ starting 24 hours after treatment—even on cloudy days. Mineral sunscreen (zinc or titanium) is best.

☀️ Apply daily | ☞ Avoid direct sun | 🚫 No tanning



NO MAKEUP

Let your skin breathe.

Avoid all makeup for at least 24–48 hours post-treatment to prevent clogged pores or infection. Your micro-channels are open; no foundation, powder, or blush.

⏳ Wait until skin calms | 🌿 Use only clean, breathable skincare



GENTLE SKINCARE ONLY

Less is more.

Use a gentle cleanser, fragrance-free moisturizer, and hyaluronic acid serum. Avoid retinol, AHAs, BHAs, Vitamin C, or any actives for 3–5 days.

💧 Hydration, not exfoliation | 🔄 Gradually return to your routine



NO TOUCHING

Hands off!

Touching your face introduces bacteria and can lead to breakouts or infection. Keep hands clean and away from your treated skin.

🧼 Use clean pillowcases | 📱 Sanitize your phone too!



NO SWEATING

Skip the gym.

Sweat can irritate open skin and introduce bacteria. Avoid exercise, hot yoga, saunas, or steamy showers for at least 24–48 hours.

🧊 Cool showers only | 🧘 Light stretching is okay



HYDRATION IS KEY

Plump skin heals faster.

Drink lots of water and use hydrating serums or gels like hyaluronic acid. Moisturize regularly to support skin barrier repair.

💧 Aim for 8+ glasses/day | 💧 Apply serums to damp skin

Detailed aftercare instructions can be found online at SUNARAESTHETIC.COM

Contact us at (406) 261-3441 with any post-treatment questions or concerns.

