



Microneedling Post-Treatment Care Instructions

Please review and follow these aftercare guidelines carefully to support optimal skin recovery and treatment efficacy.

0–24 Hours: Immediate Post-Treatment Period

- Mild to moderate erythema, sensitivity, and warmth are expected. This typically resolves within 24 to 48 hours.
- Do not touch, rub, or apply makeup to the treated area.
- Use only a gentle, non-foaming cleanser with cool or lukewarm water. Avoid hot water.
- Gently pat the skin dry with a clean towel. Do not rub or exfoliate.
- Apply only clinic-approved post-treatment serums, such as pure hyaluronic acid.
- Avoid sunscreen during the first 24 hours unless otherwise directed. Minimize all sun exposure.
- Refrain from all exercise, sauna use, steam rooms, or other activities that induce heat or perspiration.

Days 1 to 3: Acute Recovery Phase

- Expect tightness, dryness, and possible mild flaking or peeling.
- Continue with a gentle cleanser twice daily. Follow with a hydrating serum and a non-comedogenic, fragrance-free moisturizer as needed.
- Avoid all makeup, exfoliating agents (scrubs, acids), retinoids, and Vitamin C during this period.
- Continue to avoid sun exposure and all forms of sweating or strenuous physical activity.

Days 4 to 7: Re-epithelialization and Strengthening Phase

- Once the skin barrier shows signs of recovery (minimal redness or flaking), you may gradually reintroduce:
 - Mineral-based sunscreen (SPF 30 or higher)
 - Light, non-comedogenic makeup
 - Gentle actives such as niacinamide or low-strength Vitamin C, as tolerated
- Continue regular hydration with hyaluronic acid and barrier-supporting moisturizers.
- Avoid waxing, threading, exfoliation, and prolonged sun exposure.

Ongoing Support (First 7+ Days)

- Maintain internal hydration with a minimum of 64–80 oz. of water per day.
- Use barrier-repairing ingredients such as ceramides or panthenol in moisturizers.
- Avoid contact with unclean environments, including public pools, hot tubs, or natural bodies of water.
- Do not pick, peel, or scratch any flaking skin.

Signs to Monitor

- Contact the clinic immediately if you observe:
 - Persistent redness or swelling beyond 72 hours
 - Discomfort that intensifies rather than subsides
 - Signs of infection, including discharge, warmth, or red streaking
 - Rash, hives, or allergic responses

Follow-Up Care

- Microneedling is most effective as part of a series. Your provider may recommend follow-up treatments spaced 4 to 6 weeks apart. Please schedule your next appointment accordingly.