



Microneedling Aftercare Advise

Proper aftercare is essential following Microneedling to support the skin's healing process, minimise the risk of complications, and optimise collagen stimulation and treatment outcomes.

Immediately Following Treatment (24 Hours)

It is normal to experience redness, warmth, mild swelling, and skin sensitivity similar to a moderate sunburn.

- Avoid:**
- Touching the treated area unnecessarily
 - Applying makeup for at least 24 hours
 - Excessive sweating, exercise, gyms, and strenuous activity
 - Saunas, steam rooms, jacuzzis, and hot baths
 - Direct sun exposure and UV tanning
 - Swimming pools and chlorinated water

- Do:**
- Keep the skin clean and hydrated
 - Apply only practitioner-recommended products
 - Drink plenty of water to support skin repair

24-72 Hours Post-Treatment

The skin may feel tight, dry, rough, or mildly sensitive as regeneration begins.

- Avoid:**
- Retinol, Retinoids, Vitamin A products
 - AHAs, BHAs, exfoliants, and active skincare ingredients
 - Facial waxing, threading, or hair removal treatments
 - Excessive heat exposure & Swimming

- Do:**
- Use a gentle cleanser and hydrating moisturiser
 - Apply SPF 30-50 daily, even in cloudy weather
 - Allow any dryness or flaking to shed naturally

3-7 Days Post-Treatment

As the skin renews, some mild dryness or flaking may occur.

- Continue to:**
- Prioritise hydration and barrier repair
 - Wear broad-spectrum SPF daily
 - Avoid picking, scratching, or exfoliating the skin

Clinical Guidance

For optimal collagen remodelling and skin regeneration:

- Avoid direct UV exposure for a minimum of 2 weeks
 - Maintain daily SPF protection
- Avoid resurfacing treatments for 4 weeks
- Follow your prescribed home-care programme

When To Contact Your Practitioner

Please contact the clinic if you experience:

- Excessive swelling or discomfort
 - Signs of infection
- Persistent redness beyond 72 hours
- Unusual skin reactions or concerns

Expected Results

Collagen induction and tissue remodelling continue for several weeks following treatment. Skin typically appears smoother, firmer, brighter, and more refined, with progressive improvements in texture, tone, and overall skin quality over the following 4-12 weeks.

Consistent aftercare and daily SPF protection are essential to achieving optimal clinical outcomes and maintaining long-term skin health.