

Microneedling Aftercare Advise

After microneedling, your skin is temporarily more sensitive because tiny channels have been created in the outer layer. The goal of aftercare is to reduce irritation, protect the skin, and support healing.

First 24 hours

- Wash your hands before touching your face.
- If you need to cleanse, use lukewarm water and a very gentle, fragrance-free cleanser.
- Apply the aftercare product recommended by your provider
- Avoid makeup if possible for at least 24 hours (mineral is recommended)
- Don't pick, scratch, or rub your skin.

For the first 2–3 days

- Use a gentle skincare routine:
 - Mild cleanser
 - Hydrating serum (if recommended)
 - Fragrance-free moisturizer
- Wear a broad-spectrum SPF 30-50. Try to avoid direct sun exposure, especially in the first 48 hours.
- Avoid:
 - Retinoids (retinol, tretinoin)
 - AHAs/BHAs (glycolic, lactic, salicylic acids)
 - Vitamin C if it stings or is highly concentrated
 - Benzoyl peroxide
 - Exfoliating scrubs or cleansing brushes
 - Alcohol-based toners

For 3–14 days

- Avoid activities that cause excessive sweating, such as intense exercise, hot yoga, saunas, and steam rooms, for 48-72 hours (longer if your skin is still red or irritated).
- Avoid swimming pools and hot tubs for 14 days
- Stay well hydrated.
- Let any flaking or peeling come off naturally.

Normal reactions - It's common to experience:

- Mild redness (similar to a sunburn) for 1–3 days
- Tightness or dryness
- Mild swelling
- Light peeling after a few days

Contact your therapist if you develop any unexpected reactions

Tips for the best results

Follow the treatment schedule and homecare recommended by your therapist