



Microneedling

Post-Treatment Care

Your skin has undergone a microneedling treatment and will need gentle support while healing. Following these guidelines will help optimize your results, support collagen production, and minimize the risk of complications.

✓ DO

Days 0-2

1. **Keep skin clean and hydrated.** Use gentle, non-irritating products.
2. **Avoid wearing makeup** for 24 hours.
3. **Avoid vigorous exercise**—and activities that may cause flushing or excessive perspiration including exercise, spicy foods, alcohol, or hot temperature
4. **Avoid direct sun exposure** and protect against sun damage. Apply SPF 30+ beginning the day after treatment.
5. **Allow skin to heal naturally.** Do not pick at any peeling skin.

Days 3-5

1. **Gradually resume normal skin care** as tolerated
2. **You may begin to wear makeup.** Ensure brushes and applicators are clean.

✗ DO NOT

1. **Do not apply makeup** for 24 hours
2. **Do not apply active skincare** (retinoids, acids or exfoliants).
3. **Do not perform vigorous exercises** and activities that may cause skin flushing or perspiration for 24 hours.
4. **Do not pick, scratch or exfoliate.**
5. **Do not expose skin to heat** (saunas, steam rooms or hot showers) .

Please note the risks associated with filler treatment:

Mild redness, sensitivity, and dryness are normal and may last for 1–3 days. Results develop gradually as collagen production increases, with continued improvement over several weeks

Contact Us if you Experience

- ! Excessive Swelling
- ! Blistering
- ! Signs of Infection
- ! Severe pain not relieved with recommended care

Please note:

Healing rates vary by individual. If you have any questions or concerns please contact our office.



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