



Microneedling Aftercare Guide

Follow these tips for the best results after your treatment.

Immediately After Treatment

- Expect some redness, swelling, and a slight sensation of tightness, this is normal.
- Apply a gentle hydrating serum (hyaluronic acid is great) to support skin recovery.
- Avoid touching or picking at the treated area.

First 24–48 Hours

- **Cleansing:** Use a mild, fragrance-free cleanser; avoid harsh scrubs or exfoliants.
- **Hydration:** Apply a gentle moisturiser to keep your skin hydrated.
- **Sun Protection:** Avoid direct sun exposure and always apply SPF 30+ sunscreen.
- **Makeup:** Refrain from wearing makeup for at least 24–48 hours.

Days 3–7 Post-Treatment

- Your skin may begin to flake slightly—this is part of the healing process.
- Continue using a gentle cleanser and moisturiser.
- Avoid harsh skincare ingredients like retinoids, acids, or strong exfoliants

Additional Care Tips

- Stay hydrated—drink plenty of water.
- Avoid excessive sweating, strenuous exercise, saunas, and hot showers for 48 hours.
- Do not pick or peel the skin; let it heal naturally.

Supporting skincare products will be recommended by your practitioner.

If you experience prolonged redness, irritation, or unexpected symptoms, please contact your provider immediately.