



## **Microneedling Treatment Post-Care Instructions:**

To ensure proper healing and maximize results, please follow these guidelines after your microneedling treatment.

### **Immediately After Treatment (First 24–48 Hours)**

- Your skin may appear red and feel tight, warm, or sensitive (similar to a sunburn). This is normal and should improve within 24–48 hours.
- Do not touch, rub, or pick at the treated area.
- Only use the products recommended by your provider.
- Avoid makeup for the first 24 hours. Mineral-based makeup may be used after 24 hours if necessary.
- Avoid excessive heat, sweating, saunas, steam rooms, and hot showers.
- Do not apply ice directly to the skin—if needed, use a clean cold compress for comfort.

### **3–5 Days After Treatment**

- Avoid exfoliating products, retinoids, alpha hydroxy acids (AHAs), beta hydroxy acids (BHAs), benzoyl peroxide, and Vitamin C serums until skin is fully healed.
- Continue to moisturize frequently to support healing.
- Avoid swimming pools, hot tubs, and activities that expose skin to bacteria.
- Mild flaking or dryness may occur—allow skin to shed naturally, do not pick or peel.

### **Sun Protection**

- Strictly avoid direct sun exposure for at least 1 week.
- Apply a broad-spectrum SPF 30+ daily beginning 24 hours after treatment. Reapply every 2 hours when outdoors.

- Wear a wide-brimmed hat and seek shade when possible.

### **Other Notes**

- Results will gradually improve as collagen production increases, typically over 4–6 weeks.
- A series of three treatments is often recommended for best results.
- Contact your provider immediately if you experience signs of infection (increasing redness, swelling, pus, or severe discomfort).