

What to Expect After MicroNeedling, and Post Treatment Instructions

Here's what to expect after your microneedling treatment, and suggestions to achieve the very best results.

Immediately after your treatment, you will look as though you have a moderate to severe sunburn and your skin may feel warm and tighter than usual. You may also notice some slight swelling. This is normal and will normally diminish within the same day or 24 hours. Your recovery time will be influenced by how aggressive your treatment was, as well as the sensitivity and state of your skin. Recovery time generally varies from between one to four days. Full results of a treatment will be evident after three weeks.

If you are concerned about any reaction, please call our office and contact your healthcare provider immediately.

After-Care

- Use only tepid water for the initial 24 hours to rinse the treated area. After 24 hours, use a gentle cleanser to cleanse the face for the following 72 hours and gently dry the treated skin. Always make sure that your hands are clean when touching the treated area. NO washcloths, as they can irritate your skin.
- Sun Exposure: Avoid direct sun for at least 48 hours. No tanning beds!
- After the initial 24 hours, SPF 30+ sunscreen is mandatory if outside and should be reapplied every two hours. Physical sunblock is recommended for at least two weeks post treatment (e.g., zinc oxide and/or titanium dioxide).
- Do not take any inflammatory medicines (like Ibuprofen, naproxen, etc) for at least 2 weeks post treatment.
- NO makeup for 24 hours after the procedure. Do not apply any makeup with a makeup brush, especially if it is not clean.
- For at least 3 days post treatment, do NOT use any Alpha Hydroxy Acids, Beta Hydroxy Acid, Retinol (Vitamin A), Vitamin C (in a low pH formula) or anything perceived as 'active' skincare.
- Do not go swimming for at least 24 hours post-treatment.
- No exercising or strenuous activity for the first 24 hours post-treatment. Sweating and gym environments must be avoided during the first 72 hours post-treatment.
- Waxing/laser treatments: Avoid for 2 weeks.
- Facial treatments: Avoid for 2 weeks.
- DO NOT pick at your skin after treatment! Let any dry skin and scabs off naturally.