



The instructions are based specifically on your medical history or skin type, so make sure to follow them carefully. Apply sunscreen diligently for the first 2 weeks after microneedling. Make sure to apply sunscreen anytime you go outside in the days following your treatment

Don't spend prolonged time out in the sun for the first week after your microneedling procedure, as your skin will be more sensitive and you will be more prone to sun damage than usual.

Avoid touching your face and wash your hands before you touch your face.

Don't put on makeup, especially with a makeup brush that has been used before, in the 48 hours following microneedling.

Avoid swimming pools, saunas, and situations where you might sweat heavily, including intense workouts at the gym, to protect your newly treated skin. After 72 hours have passed, you may be able to resume these activities.

Do not use any skincare product that contains harsh chemicals meant to exfoliate such as Alpha Hydroxy Acid (AHA), Glycolic acid or enzymatic peels for the 4 days. Avoid anything that's scented, and don't use glycolic acid or alpha hydroxy acids.

Retinol A and vitamin C serum should be avoided for the first 48 hours, minimum, after microneedling. Once 2 full days have passed, you might want to gradually add products back into your daily beauty routine instead of doing your usual regimen, especially if you use products that have strong anti-aging formulas.

Be sure to run any cleansers, toners, or scrubs that you plan to apply in the 2 to 3 days after microneedling by your provider to make sure the ingredients won't worsen side effects.

Diluted, alcohol-free witch hazel or Cetaphil may also be used to cleanse dry skin. Stick to using gentle, natural ingredients that you're familiar with. If your skin is feeling dry, it's generally safe to apply Hyaluronic acid and Squalene to moisturize and hydrate your face after microneedling.

The redness that you experience from microneedling will mostly fade within 48 hours. Other symptoms, such as peeling and breakouts, might take slightly longer to resolve.

Most of the visible recovery from microneedling happens in the first day or two after treatment, however, collagen building and the healing process will continue for 6- 8 weeks after the procedure.

Microneedling is generally considered to be a very low-risk procedure. Occasionally, side effects can worsen and require medical attention. Symptoms to look out for include:

GET INTOUCH WITH US PROMPTLY IF YOU EXPERIENCE ANY OF THE FOLLOWING:

- Fever over 100.4°F (38°C)
- Hives
- Yellow or green discharge
- Bleeding
- Headache