MICRONEEDLING AFTERCARE

The following aftercare advice is essential to help reduce the risk of treatment

complications, to improve your comfort/healing and to help achieve the best possible

results from treatment.

Please follow the aftercare advice for microneedling.

• The treated area of skin may feel slightly tender and appear red and swollen

afterwards. You may occasionally experience skin peeling and appearances may

be similar to mild sunburn. These effects will resolve naturally and should be

much improved after 48 hours but may take longer to settle. You may experience

some minor bruising which may take 1-2 weeks to resolve in some cases.

• Use a mild cleanser with tepid water to clean your face for 3 days after the

treatment and gently dry the treated area. Keep your hands clean when touching

your face.

• Avoid any perfumes, fake tan or other harsh chemicals for 72 hours after

treatment.

• Avoid any makeup for 24 hours after treatment as this can increase the risk of

infection.

• Avoid rubbing or picking the treated area.

• Avoid any skin exfoliation for 72 hours following treatment.

• It is important to use a regular moisturising cream around two to three times a

day on the treated area. Use more regularly if you feel the skin dry or peeling.

• Avoid any products that contain alpha hydroxy acids, retinol, and glycolic acid for

at least 7 days after treatment.

• Avoid strenuous exercise, saunas, sunbeds and exposure to heat for 72 hours

after treatment. These can cause sweating which can irritate the delicate skin

and slow down your ability to heal quickly.

• Avoid swimming for 72 hours after treatment.

• Avoid any excess alcohol or caffeine for 48 hours after treatment.

• Wear SPF 30 or greater sunscreen for at least 2 weeks following treatment as

your skin will be more sensitive to sunlight afterwards.

• Avoid any further cosmetic treatments e.g. Botox or dermal filler for 2 weeks

following treatment, or ask your practitioner for advice.

• Avoid any hair removal treatments such as waxing for 2 weeks after treatment or

until the initial redness and swelling has resolved.

• You must seek medical attention and contact your practitioner if you experience

any signs or symptoms of infection after treatment. Infection can present as hot,

red shiny skin, there may be pus formation and you may have a fever or feel

generally unwell.

• You must contact your practitioner as soon as possible if you notice any other

unwanted side effects.

• Your practitioner will advise when further treatment appointments are required. If

you are advised to attend a follow up appointment, please do make every effort to

attend them. You should do this even if you believe that the recovery process is

going well and you cannot see that there are any visible complications.

It is essential that you have read all of the information available.