

Post care instructions

MICRONEEDLING



On the first day post-microneedling, keep your hands off your face to avoid irritation.

If redness or swelling occurs, apply a cold compress briefly for relief. Gently cleanse your skin with a mild, hydrating cleanser, avoiding any scrubs or harsh products. After cleansing, apply a soothing hyaluronic acid serum followed by a calming, fragrance-free moisturizer to maintain hydration.

Finally, protect your skin from the sun by applying a broad-spectrum sunscreen with at least SPF 30 before going outside, and avoid direct sun exposure for the first week.



Continue gentle cleansing twice daily with your mild cleanser, followed by hydrating serum and moisturizer. Sunscreen use remains essential. You may experience some dryness or flaking; increase moisturizer application as needed. Avoid strenuous exercise that could cause sweating. Continue abstaining from makeup containing harsh or irritating ingredients; mineral-based options are best. Stick to gentle skincare; aggressive exfoliants are prohibited this week. Focus on hydration and skin barrier repair with soothing products



Slowly reintroduce your regular skincare routine, adding back active ingredients one at a time, monitoring skin reaction. Maintain consistent sunscreen use every day. Keep skin hydrated and moisturized. Schedule follow-up microneedling sessions as recommended by your skincare professional for continued improvement. Stay in touch with your skincare provider regarding future microneedling sessions, which are typically scheduled every 4-6 weeks for ongoing skin improvement and rejuvenation.

THE HEALING PROCESS FOR MICRONEEDLING
MAY VARY FROM PERSON TO PERSON, AS EVERYONE'S SKIN HEALS AT A
DIFFERENT RATE.
