



Microneedling Treatment Aftercare

- You are likely to experience some redness, dryness and a warm sunburn feeling. Redness usually subsides within a few hours but sometimes lasts for 24 hours.
- It is extremely important not to touch the treated area, wash or apply any products/ make-up for 24 hours. Ensure you have a clean pillowcase at nighttime.
- Please be careful around pets and children and wash your hands regularly to reduce the risk of infection in the first 24 hours.
- Frequent use of your post procedure cream is vital and is to be applied morning and evening after cleansing with a gentle cleanser. You can use this as often as needed during the day, your skin may feel dry for up to a week post treatment and require more hydration than normal. Do this for the first 7-10 days before resuming your usual skincare routine.
- Avoid active topical skincare such as retinols, salicylic acid and glycolic acid for 2 weeks or until your skin feels fully healed. Please ask us about using any products if you are unsure.
- Avoid saunas, steam rooms and swimming for 7 days. Avoid rigorous exercise for 48 hours.
- Avoid sunbeds and any direct sunlight for 4 weeks. Please ensure you apply a medigrade SPF 50+ every day.
- It is important to stay hydrated to help the skin heal faster.
- Avoid any cosmetic/clinical treatments, including but not limited to-laser/IPL/peels for at least 2-4 weeks, please ensure you check with us and your practitioner before having anything like this for 4 weeks after your microneedling treatment.

If you have any worries, experience prolonged side effects or any of the following signs of infection: bleeding, swelling, pain or pus please contact your practitioner as soon as possible.

Please call us if you have any concerns or experience prolonged side effects on:

01843 639861 or 07468 526494

