



Post-Care Instructions: Microneedling

Follow these instructions carefully to ensure optimal healing and recovery after your microneedling treatment.

Immediately After Treatment:

- Apply a cold compress to the treated area to reduce redness and swelling.
- Use a gentle, fragrance-free moisturizer to hydrate and soothe the skin.
- Avoid applying makeup, exfoliants, or other harsh skincare products for at least 24 hours.

For the Next 24-48 Hours:

- Keep the treated area clean by washing it gently with a mild cleanser.
- Avoid strenuous activity, sweating, or heat exposure.
- Apply a gentle moisturizer several times a day to keep the skin hydrated.
- Protect the skin from the sun by wearing a broad-spectrum sunscreen with SPF 30 or higher.

For the Next Few Days:

- Continue to moisturize the skin regularly.
- Gradually reintroduce your usual skincare products, avoiding harsh or irritating ingredients.
- Avoid using exfoliants or chemical peels for at least 7-10 days.
- Drink plenty of water to stay hydrated and support the healing process.

Additional Tips:

- Use a gentle touch when cleansing and applying skincare products.
- Avoid picking or scratching at the treated area.
- If you experience any signs of infection, such as redness, swelling, or pus, contact your healthcare provider immediately.
- Follow up with your provider for a post-treatment evaluation as recommended.