

Microneedling Aftercare Tips

1. Avoid Touching Your Face

- Keep your hands off the treated area to prevent infection. The skin is more vulnerable right after microneedling.

2. Use Gentle Skincare Products

- **Cleanser:** Wash your face with a mild, non-fragranced cleanser for at least 48 hours post-treatment. Avoid harsh exfoliants or scrubs.
- **Moisturizer:** Apply a soothing, hydrating moisturizer to help calm redness and aid skin repair.
- **Avoid Active Ingredients:** Do not use products containing retinoids, AHAs, BHAs, vitamin C, or any acids for at least 5-7 days, as these can irritate the skin.

3. Stay Hydrated

- Drink plenty of water to support skin healing and hydration.

4. Apply Sunscreen

- Use a broad-spectrum sunscreen (SPF 30 or higher) daily to protect your skin, as it will be more sensitive to UV rays. Avoid direct sunlight for at least 7-10 days.

5. Avoid Makeup

- Refrain from applying makeup for 24-48 hours post-treatment to prevent clogging pores or irritating the skin.

6. Avoid Heat Exposure

- Skip saunas, hot showers, steam rooms, and heavy workouts for 48 hours to prevent excess sweating and irritation.

7. Skip Swimming and Chlorine

- Avoid swimming pools, hot tubs, or any water with chlorine for at least 72 hours, as it can irritate your skin.

8. No Picking or Scrubbing

- Do not pick at flaking or peeling skin. This is part of the natural healing process, and interfering can cause scarring.

9. Gentle Exercise Only

- Avoid intense physical activity for 24-48 hours, as sweat and heat can irritate your skin.

