

MICRONEEDLING

FOR THE FIRST 24 HOURS - *DOs*

- Expect redness, mild swelling, and a warm, sunburn-like sensation—this is totally normal and typically resolves within 24–48 hours.
- Keep skin clean and hands off! Avoid touching or rubbing the treated area.
- Use a gentle cleanser and hydrating moisturizer as directed by your provider.
- Apply broad-spectrum SPF 30+ if going outside, even briefly. Your skin is extra sensitive to UV after microneedling.

FOR THE FIRST 24 HOURS - *DON'Ts*

- Apply makeup or active skincare (retinoids, exfoliants, AHAs/BHAs) for at least 24–48 hours.
- Use hot water on your face, go in saunas, or do intense workouts for 24–48 hours.
- Pick or peel at any dry or flaking skin—let it shed naturally.

IN THE FIRST FEW DAYS - *DOs*

- Stick to a simple, gentle skincare routine—no harsh ingredients for at least 5–7 days.
- Keep skin moisturized and drink plenty of water to support healing from the inside out.
- Avoid direct sun exposure and apply SPF daily.

IN THE FIRST FEW DAYS - *DON'Ts*

- Schedule facial treatments, laser services, or waxing for at least 10–14 days, unless cleared by your provider.
- Skip sunscreen—protecting your skin is crucial for maintaining results!

Most clients notice improved tone and texture within 7–10 days, with continued improvement over the next few weeks. A series of treatments is typically recommended for deeper concerns like acne scars or fine lines.

Results build gradually as collagen continues to remodel—think long-term glow!

