



Microneedling Aftercare Advice

Please take note of the enclosed information and follow the instructions carefully to ensure successful treatment.

Post - Treatment

- Following your treatment, the area will be red, slightly swollen and tingling for at least 48 hours. Redness can last a few days in some cases.
- Pin point bruising can occur on body areas which shouldn't last longer than 24 hours.
- The area treated will be dry and flaking for the next few days' post treatment. In some cases, flaking/peeling can last for 2 - 3 days depending on extent of treatment.
- Avoid hot extremes for 1 week post treatment such as sauna, steam room etc.
- Avoid excessive exercise for 24 - 48 hours post treatment.
- Use SPF 30 or above on exposed areas treated daily.
- Avoid using active products for 1 week post treatment i.e. retinol, glycolic, AHA's, BHA's, Hydroquinone.
- Beauty and aesthetic treatments to be avoided for 4 weeks post treatment.

Side Effects

Side effects and complications are usually minimal. You may experience erythema (swelling), sensitivity, bleeding, bruising, crusting, dryness, flakiness, bruising, tenderness, hyperpigmentation and hypopigmentation. If prone to cold sores treatment may trigger the virus. Please take anti-viral medication to avoid breakout.

Note

If you are combining Microneedling with other treatments such as Mesotherapy, PRP or Peels recovery will take longer and will be discussed at your consultation.

Adverse Reactions

Adverse reactions although rare can occur such as pigmentation changes, scarring, indentation and infection.

Following your aftercare advice instructions reduces the risk of adverse reactions. If you experience any adverse reactions, please contact your clinic immediately.