

Microneedling Aftercare

Microneedling has been proven to enhance skin rejuvenation and increase absorption of products. This encourages your body's innate ability to re-grow and repair itself naturally thus generating new collagen, elastin and skin cells. Hence it helps to improve fine lines & wrinkles, pigmentation, open pores and aging skin as well as stretch marks, scars, blemishes and even hair regeneration.

Aftercare

To ensure the best possible results, please follow this AfterCare Advice.

- After treatment, it's quite normal for redness, skin sensitivity and possibly mild swelling for 24-48 hours following treatment. The skin may resemble moderate sunburn during this time. Effects usually resolve within a few hours, so you are likely able to return to your normal activities the same or next day.
- To avoid infection, ensure that your hands are clean before touching the treated area or applying skincare products, for the first 2 days after the treatment.
- For 3 days after treatment, avoid perfume, perfumed cosmetics or skincare products containing Glycolic Acid or AHA on the area.
- Your skin may look dry, and possibly flaky, for a few days after the redness subsides. You may use Aloe Vera gel to soothe the skin if you wish, plus an intensive moisturiser for 7 days to help with any dryness.
- Avoid extreme temperatures such as saunas, steam baths, etc for a period of at least 7 days after the treatment.
- Avoid makeup for 24 hours after treatment.
- Avoid sunbeds and wear SPF 30-50 when outdoors to protect your skin from direct sun exposure. If you fail to protect your skin from sun exposure, you will be at risk of uneven pigmentation and sunburn.
- **ALL** facial skin procedures in the area, including injection based treatments, should be avoided for 2-4 weeks after treatment.
- Stay well hydrated by drinking 2 litres of water a day and avoid alcohol for 24 hours.
- A course of treatments is needed to provide long-term anti-ageing results 2-4 weeks apart.
- For optimal results you should use the recommended skin care products between treatments.

I hope you have found your treatment beneficial and would really appreciate it if you would follow me on [Facebook](#) or [Instagram](#) at [@Aesthetice/JE](#) and review your experience. Thank you.