

Microneedling Post-Care Sheet

- Always clean your skin with lukewarm water and a gentle face cleanser. The skin might be slightly tender after the treatment. Hence, you must be very gentle while applying and washing away the cleanser.
- Ensure your hands are clean before touching your face.
- If your skin feels dry, apply a skin hydrating gel to hydrate your skin and prevent any flaking or irritation.
- A topical antibiotic cream (rarely needed) might be prescribed to prevent any skin infections during your healing phase.
- Stay away from makeup and other perfumed or scented face products for at least 72 hours after your procedure. Such products may irritate raw skin.
- Use only clean brushes to apply any product to your face.
- Avoid [sun exposure](#) for at least a week after your microneedling procedure. If you have to go out, use a high SPF, chemical-free sunscreen.
- Avoid swimming and tanning for one to two weeks after your procedure. The chlorine in the pool and the tanning agents can irritate your skin.
- Avoid any skincare products meant for exfoliation. You do not want to scrub away newly formed, raw skin.
- Keep your skin sweat-free and avoid any physical activities for a few days. The salts in the body sweat can irritate and further dry your skin out. You also may want to avoid exercising for a few days after the procedure.
- Inflammation following a microneedling procedure is a necessary evil and an integral part of the healing process.
- After the procedure, your skin may take about two weeks to heal and rejuvenate. In some cases, it also may take about 6 to 8 months. Previous scarring (surgical, burns, etc) can take much longer to respond to the microneedling treatment.