Microneedling *Aftercare*

Caring for your skin after collagen induction therapy

Microneedling creates thousands of tiny channels in the skin that begin closing within about 24 hours. Gentle care in the first few days protects your skin while it heals.

What to *expect*

When	What is normal
Treatment day	Pink to red, like a mild to moderate sunburn. Warmth, tightness, mild swelling and pinpoint bleeding are normal.
Days 1 to 3	Redness fades. Dryness, rough texture, itching or tenderness may come and go.
Days 2 to 7	Light peeling or flaking as your skin renews. Small bruises, if any, fade on their own.
Weeks 4 to 6+	Collagen builds gradually. Texture, pores and scars keep improving over your series.

The first 24 *hours*

Please do	Please avoid
• Wash your hands before touching your face.	• Sunscreen, makeup or any other skincare product.
• Apply only a gentle, fragrance-free hydrating gel or moisturizer as often as needed.	• Sun exposure. You will not be wearing sunscreen yet.
• Rinse with cool water if your skin feels warm or tight.	• Exercise, sweating, hot showers, saunas and steam rooms.
• Sleep on a fresh, clean pillowcase.	• Touching, rubbing, scratching or picking.
• Stay indoors and out of the sun as much as possible.	• Shaving the treated area.

Days 2 and 3 (24 to 72 *hours)*

- **Cleanse gently.** Lukewarm water and the gentle cleanser your provider recommends. Pat dry.
- **Soothe and hydrate.** Apply a gentle, fragrance-free moisturizer as needed.
- **Start sunscreen.** Mineral broad-spectrum SPF 30 or higher every morning. Wear a hat and seek shade.
- Makeup is okay after 24 hours if the skin is not broken.
- **Keep it cool.** Until 72 hours, avoid sweaty workouts, saunas, hot yoga, pools and hot tubs.

Days 4 to *7*

- Return to your routine with gentle, fragrance-free products.
- Hold off on actives for 5 to 7 days: retinoids, acids, vitamin C, benzoyl peroxide, scrubs and brushes.
- Let flaking shed on its own.
- Wait 2 weeks before waxing, peels, facials or laser on the area unless your provider has planned them.

- Complete your series, usually every 4 to 6 weeks.

When to *call us*

Some redness and swelling right after treatment are normal. Please call DermaGlow at 703-288-3000 if you notice:

- Redness, swelling, warmth or pain that gets worse after 48 hours
- Pus, honey-colored crusting or a bad smell
- Blisters, open sores or a cold sore outbreak
- Fever, a rash, hives or intense itching
- Redness longer than a week, new dark or light patches, or track marks

Call 911 or go to the nearest emergency room right away for trouble breathing, or swelling of the lips, tongue or throat.

Your provider may also share instructions specific to your treatment. If so, please follow those along with this guide. Questions? Call DermaGlow at 703-288-3000.