



MICRONEEDLING

What to Expect

THE HEALING PROCESS: WHAT TO EXPECT AFTER A MICRONEEDLING TREATMENT

Microneedling is a quick and non-invasive cosmetic procedure with minimal side effects. However, it's quite

normal to experience the following:

Day 1-3

- A sunburn-like effect is normal. Your skin may feel tight, dry or sensitive to touch. Treat the skin gently by washing it with a gentle cleanser, cool water, and using only your hands to pat dry no earlier than 4 hours after treatment.
- Some redness may also be present and in some cases, patients may experience slight bruising that can last for 5-7 days and temporary swelling for 2-4 days.

Tips

- Avoid strenuous exercises that cause sweating as well as jacuzzis, saunas, and steam baths for up to 48 hours.
- Use only mineral makeup after 24 hours.
- Sleep on your back with the head of the bed elevated to minimize swelling or pain as needed.

Day 2-7

Peeling may start 3-5 days after the treatment. You'll notice skin dryness and flaking which is due to an increased turnover of skin cells. **DO NOT** pick, scratch, or scrub at treated skin!

Important information: You must allow the old skin to flake off naturally and keep it moisturized at all times. Talk to your skin specialist about which products to use.

Day 5-7

You may start your regular skin care products again, once your skin no longer feels irritated. Most of our patients have noticed continued skin improvement over the months following their last treatment.

For best results: We recommend follow-up and repeat microneedling treatments every 4-6 weeks, with a series of 3-5 treatments depending on your personalized care plan.

Day 2-28

- The increase in collagen induction begins within 48 hours of treatment. However it usually takes at least 4 weeks for superior results to be seen.

3-12 Months

The results will continue to improve for 3-12 months after the treatments as a whole new collagen matrix is formed within the skin. New collagen laid down should last for a period of 5-7 years making micro-needling a very long-lasting treatment. The collagen induction will usually result in a decreased appearance of lines and wrinkles and an increase in the firmness of the skin. Depending on what is being treated there should also be a reduction in visible scar tissue, reduced signs of UV damage, tightening of the skin, reduced hyper-pigmentation, less rosacea, thickening of the skin, reduced skin laxity, increase in scalp hair