

Microneedling Post Care

DO'S



Avoid sun exposure  
and apply SPF  
immediately after  
procedure and daily!

Use a gentle  
cleanser and  
moisturizer serums  
or creams based on  
skin dryness

Stay well-hydrated

Moisturize !!!!

DON'TS



Do hard workouts or  
overexert yourself  
over the next few  
days

Use skincare active  
ingredients/mechan  
ical  
devices

Peel any flaking skin

Apply make-up for  
at least 48-72 hours