IDENEL *bio-microneedling.*

No needles, no numbing and very little downtime. Here is what to expect as your skin renews, and how to look after it.

What to expect

- Light redness straight after, usually settling within a few hours
- A prickly, pins-and-needles feeling for up to 24 hours, mostly when you touch your face
- Skin may feel a little textured for 2 to 3 days
- Occasionally, light flaking as your skin renews

All normal. It's the spicules working.

Spicules & timing

- Stay in the skin for up to 72 hours
- Shed naturally as your skin renews. They don't dissolve or stay in permanently
- Book your treatment at least 3 days before a special event
- Wait 7 days before a chemical peel, laser or injectables

Cleansing & skincare

Day of treatment

- A light rinse with water only. Cleanse properly the next morning
- Keep makeup off today and tomorrow

For 72 hours, avoid

- Retinol and pure vitamin C
- AHAs, BHAs, scrubs and exfoliants
- Other spicule products

Dry or itchy?

- Mist your skin through the day
- Use a gentle, barrier-repairing moisturiser. Ask us what suits your skin
- If you flake, let it shed on its own. Don't pick

Sun protection

- Wear sunscreen every day while your skin recovers
- Cover up when you're outdoors

Makeup

- Back on after 24 hours, over your skincare and sunscreen
- Mineral makeup is best during your course

When to call us

- Redness or swelling lasting longer than 72 hours
- Signs of infection, like increasing pain, heat or discharge
- Any reaction that worries you

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