Microneedling.

Your skin keeps rebuilding collagen for weeks after each treatment, so how you care for it afterwards really matters.

What to expect

For 12 to 24 hours your skin may feel hot, tight and look red or pink, like mild sunburn. Redness usually fades within a day, but can last up to 7 days. Some people get dry, flaky skin for a few days after.

The first 24 hours

- No makeup or sunscreen
- No AHAs, BHAs, retinol, vitamin C or other strong actives
- Keep your hands off your skin, and drink plenty of water

The next 48 hours

- Avoid saunas, sunbeds, heavy sweating and hard workouts, and extreme cold
- Keep touching your face to a minimum

After 24 hours, start the gentle homecare routine we recommend for you.

Sun protection

- From 24 hours, wear SPF 30 or higher and reapply every 2 hours
- Avoid strong sun for 2 weeks to lower the risk of pigmentation

Before your next treatment

Cold sores

Microneedling can trigger an outbreak. Let us know if you get them, and avoid treatment within a month of one.

Bruising

Aspirin, anti-inflammatories like Nurofen or Voltaren, fish oil and green tea can make bruising more likely. Talk to us about pausing them 1 to 2 weeks before your next treatment.

Your course

Microneedling works best as a course. We'll plan how many treatments you need and how far apart, and take progress photos along the way.

When to call us

- Signs of infection, like increasing pain, heat or discharge
- Any reaction that worries you, or questions before we see you again

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