

POST-PROCEDURE RECOVERY GUIDE: SKINPEN MICRONEEDLING

What to Expect After Your Treatment

Following your Microneedling treatment, you may experience redness, warmth, tightness, mild swelling, and sensitivity similar to a sunburn. These effects are temporary and typically improve within 24–72 hours. Your skin may also feel dry, rough, or slightly flaky as the healing process stimulates collagen production.

Post-Treatment Instructions

For the First 24 Hours

- Do not touch or pick at the treated skin
- Avoid makeup unless approved by your provider
- Use only gentle, approved skincare products
- Keep the skin clean and hydrated
- Avoid strenuous exercise, sweating, and heat exposure

For The First 48-72 Hours

Avoid:

- Retinoids or retinol products
- Glycolic acids, salicylic acids, or exfoliating products
- Harsh cleansers or scrubs
- Hot tubs, saunas, steam rooms, and swimming pools
- Direct sun exposure

Use:

- Gentle cleanser
- Hydrating moisturizer
- Broad-spectrum SPF 30+ daily

Common Side Effects

- Redness
- Mild swelling
- Tightness
- Dryness or flaking
- Mild pinpoint sensitivity

Important Healing Instructions

- Do NOT exfoliate or scrub the skin while healing
- Avoid picking or peeling flaking skin
- Stay hydrated to support healing
- Makeup may typically be resumed after 24 hours if approved and skin integrity is intact

Please contact our office if you experience:

- Blistering
- Severe swelling
- Increasing pain
- Signs of infection
- Persistent redness beyond expected healing
- Any symptoms that concern you

Sun Protection Is Critical

Your skin may be more sensitive to UV exposure after treatment.

- Avoid direct sun exposure before and after treatments
- Wear broad-spectrum SPF 30+ daily
- Reapply sunscreen regularly when outdoors
- Avoid tanning beds and self-tanners

Sun exposure may increase the risk of irritation or pigmentation changes.

Austin Cosmetic Medspa

THE ART AND SCIENCE OF AESTHETIC MEDICINE
BY CHRISTINE FISHER MD

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