

POST MICRONEEDLING CARE

WHAT TO EXPECT:

Post-treatment, your skin may appear red, feel warm, and be slightly sensitive—similar to a mild sunburn. These effects typically subside within 24-48 hours. Some dryness or flaking may also occur as your skin heals.

WHAT TO AVOID (FIRST 24-48 HOURS):

- **Sweating & Heat:** Avoid excessive sweating, strenuous exercise, saunas, pools, and hot tubs.
- **Makeup:** Refrain from applying makeup for at least 24 hours to allow your skin to breathe.
- **Anti-Inflammatory Medications:** Avoid Advil, Aleve, and ibuprofen, as inflammation is a natural part of the healing process.
- **Active Skincare Ingredients:** Steer clear of products containing AHA, BHA, Retinol (Vitamin A), or exfoliants.

HOW TO CARE FOR YOUR SKIN:

- **Cleansing:** The morning after your treatment, gently cleanse your face with lukewarm water and a mild, non-exfoliating cleanser. Pat dry—do not rub.
- **Hydration & Moisturizing:** Your skin may feel dry or tight. Use a hydrating serum (**Skinceuticals Hydrating B5 Gel**) and a gentle moisturizer to maintain moisture balance.
- **Sun Protection:** Apply a broad-spectrum SPF 30+ sunscreen every morning, even on cloudy days.
- **Cooling Relief:** If needed, a cold, damp facecloth can help soothe any discomfort.



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RECOMMENDED SKINCEUTICALS PRODUCTS:

To support your skin's recovery and enhance results, consider incorporating the following SkinCeuticals products into your post-microneedling routine:

- **Hydrating B₅ Gel:** This serum combines hyaluronic acid with vitamin B₅ to replenish moisture and nurture the skin.
- **Phyto Corrective Gel:** A soothing serum that contains botanical extracts to calm and hydrate the skin, ideal for post-procedure care.
- **Sheer Physical UV Defense SPF 50:** A lightweight, broad-spectrum sunscreen that provides high-level protection without clogging pores

MAKEUP & ROUTINE ADJUSTMENTS:

- **Mineral makeup** is best and can be applied after 24-48 hours.
- **Wash your makeup brushes** before resuming makeup application.
- **Use the SkinCeuticals Gentle Cleanser** to maintain skin hydration.
- **Drink plenty of water** to support healing from within.

ONGOING SKIN MAINTENANCE:

Microneedling is most effective when performed in a series of 3-4 treatments, depending on your skin goals. For optimal results, maintain a consistent skincare routine:



Cleanser → Hydrating Serum → Moisturizer → SPF 30+



Cleanser → Antioxidant Serum → Moisturizer

2-3x Weekly: Exfoliation (once the skin has fully healed)

Monthly: Professional skin treatments



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