



Microneedling Aftercare

Tiny channels. Big results. Let your skin do its thing. ✨

✓ DO:

- Gently cleanse with a mild fragrance-free cleanser after 6 hrs 🧼
- Apply hyaluronic acid + gentle moisturizer 💧
- Wear SPF 30+ mineral sunscreen daily ☀️
- Use clean pillowcases starting night of treatment 🛏️
- Stay hydrated 💧 — your skin needs it!

🚫 AVOID for 24-72 Hours:

- Makeup 💄 for at least 24 hours (ideally 48)
- Retinol, vitamin C, AHAs, BHAs, or exfoliants
- Sun exposure ☀️ or tanning beds
- Saunas 🧖, hot showers, or strenuous workouts 🏋️
- Touching or picking at skin 🤏
- Swimming pools or open water for 72 hours 🏊

📌 If You Added PRP or PRF:

- 🚫 Do not wash face for at least 8 hours after treatment
- Avoid ALL actives for 48 hrs — let PRP/PRF work its magic ✨
- Redness may be more pronounced for 48-72 hours
- Enhanced results — expect glowing skin in 2-4 weeks ✨

📅 Healing Timeline:

- 🕒 Day 1-2: Redness & warmth — like a mild sunburn
- ✨ Day 3-5: Mild flaking begins — let it shed naturally!
- 🌟 Day 7-10: Fresh, smoother skin starts to emerge
- ✨ Week 2-4: Full glowing results visible

⌚ What to Expect:

- Redness & warmth for 24-48 hrs 🕒 — like a mild sunburn
- Mild flaking on days 3-5 — do NOT pick or peel!
- Glowing results visible at 2-4 weeks 🌟
- 📅 Series of 3-6 treatments spaced 4 weeks apart recommended

🌟 Maximize Your Results:

- 💧 Drink 8+ glasses of water — hydration is key!
- ☀️ SPF every single day — protect that fresh new skin
- 💧 Gentle hyaluronic acid serums are your best friend
- 📅 Book your next session 4 weeks out for best results

⚠️ Call Us If You Notice:

- Prolonged redness beyond 5 days or signs of infection



Did you know? Microneedling creates thousands of micro-channels that trigger your body's wound-healing response — flooding the area with collagen and elastin. The result? Firmer, smoother, more radiant skin that looks better with every treatment!

📞 (347) 514-9311

Questions? We're always here for you 💕

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Defining Timeless Beauty