

MICRONEEDLING: PREPARATION, AFTERCARE & TREATMENT PLAN

Preparing for Your Microneedling Treatment

Good preparation helps your skin, scalp, hands, or scar tissue respond better to microneedling and ensures the treatment is as safe, effective, and comfortable as possible. These steps also support hygiene and reduce the risk of irritation.

Arrive with clean, product-free skin or hair. No makeup, SPF, oils, serums, or styling products on the day.

Avoid retinoids, acids, scrubs, exfoliants, and strong active skincare for 48 hours beforehand.

Avoid sunbeds and strong sun exposure for 72 hours before treatment to prevent sensitivity.

Stay well hydrated and avoid alcohol the night before, as this can increase redness.

Do not apply fake tan to the treatment area for at least 5 days prior. If treating the scalp, avoid dry shampoo, oils, waxes, or heavy styling products on the day.

If treating scars, ensure the area is fully healed with no open wounds or fresh stitches.

If you're prone to cold sores, consider speaking to a healthcare professional before facial microneedling.

Avoid anti-inflammatory medication (like ibuprofen) for 24 hours before treatment unless advised otherwise by a healthcare professional, as inflammation is part of the natural healing process.

Come in freshly laundered clothes, especially if treating the face, neck, or hands. Clean fabrics reduce the chance of bacteria transferring to freshly treated skin.

Avoid heavy perfumes, fragranced body lotions, or strong deodorants near the treatment area on the day.

Eat a light meal beforehand to avoid feeling light-headed during the session. Plan your day so you can avoid the gym, swimming, saunas, steam rooms, and intense exercise after your treatment. Sweat and heat can irritate the skin and introduce bacteria.

If you have an event, photoshoot, or holiday coming up, schedule your treatment at least 7–10 days before to allow the skin to settle and glow.

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Aftercare for All Microneedling Treatments

A consistent aftercare routine protects the skin and supports collagen production across face, scalp, scar, and hand treatments.

Avoid touching the treated area for the first few hours.

Keep the skin clean and avoid makeup or heavy products for 24 hours.

Avoid washing the scalp or hands for 24 hours if those areas were treated.

Skip heat, saunas, steam rooms, and intense exercise for 24–48 hours.

Avoid active skincare (retinoids, acids, exfoliants, strong serums) for 48 hours.

Use gentle, hydrating products only.

Apply SPF daily to protect healing skin.

Mild redness, warmth, or tightness is normal and usually settles quickly.

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If treating scars, ensure the area is fully healed (no open wounds or fresh stitches).

How Often to Come In

Microneedling works best as a structured course, allowing collagen to build gradually with each session.

Face microneedling: every 4–6 weeks for 3–6 sessions

Scalp restoration: every 2–4 weeks for 3–6 sessions, then maintenance every 6–12 weeks

Scar microneedling: every 4–6 weeks for 3–6 sessions depending on scar depth

Hand rejuvenation: every 4–6 weeks for 3–5 sessions

Results continue to develop for several weeks after each appointment as new collagen forms and the skin strengthens.