



Skin Needling Aftercare

WHAT SHOULD I DO STRAIGHT AFTER MY NEEDLING?

Straight after needling, we highly recommend a hydrating sheet mask to soothe the skin.

WHAT SHOULD I DO IN THE FIRST 24 HOURS - 7 DAYS?

- In the first 24 hours we ask you to not cleanse your skin. Please continue to only use the HA Serum and Day Protect for 3-5 days after and cleanse skin gently.
- Let the wound healing process to recover naturally, do not exfoliate, itch or pick at scabbing as it could cause permanent scarring. Try not to rub, touch or expose the skin to heat, sun, perspiration. A silk pillow case would be great to sleep on to avoid any friction to the skin.
- If your skin is feeling dry, we recommend a natural soothing balm (ask us for recommendations of a suitable post-needling option).
- If you need to wear make-up, we encourage you to only use natural minerals and sanitise brushes before use.
- After 7 days, you can begin to exfoliate and use actives again. It is also a great time to book in for your next consultation.

HELP! MY FACE FEELS IRRITATED!

- Some people are prone to inflammation or breakouts. We recommend [LED Light Therapy](#) 3-5 days after needling. In the meantime, it can be quite normal to get a mini breakout or some red bumps on the skin.
- Skin needling requires that we let the skin do its wound healing process and this can sometimes involve the skin purging and reacting with inflammation.

We are here with you along this journey, please don't hesitate to call us on (07)5530 7959 with any questions or concerns.