Studio name _____

Microneedling aftercare instructions

After your microneedling

These are your studio's care steps. If your esthetician told you something different, follow your esthetician.

- Skip makeup for the first 24 hours. The studio sets this time.
- Wash with clean hands, a gentle cleanser and lukewarm water; pat dry with a clean towel.
- Use only the products your esthetician gave you. Skip retinol, acids, vitamin C and scrubs for the next 5 to 7 days.
- Skip workouts, saunas, swimming and hot tubs for the next 48 hours.
- Sleep on a clean pillowcase the first night.
- Wear a broad-spectrum sunscreen of SPF 30 or higher every day, and reapply when you're outdoors.
- Skip tanning beds and long sun exposure while your skin settles.

If something looks or feels wrong, contact the studio. For a medical concern, contact your doctor.