The Danebury Practice

MICRONEEDLING AFTERCARE GUIDANCE

Proper aftercare is essential to achieve the best results and reduce the risk of irritation or infection. Please follow the guidance below carefully.

IMMEDIATELY AFTER TREATMENT (FIRST 24 HOURS)

- Expect redness, warmth, mild swelling, or a sunburn-like sensation. This is normal.
- Do **not** touch the treated area with unclean hands.
- Avoid applying makeup, tinted products, or active skincare.
- Use only products recommended by your practitioner.
- Keep the skin clean and hydrated.

CLEANSING

- Cleanse the area **after 24 hours** using a gentle, fragrance-free cleanser.
- Use lukewarm water only.
- Pat dry with a clean towel – do not rub.

MOISTURISING & SKINCARE

- Apply a gentle, soothing moisturiser as advised.
- Avoid active ingredients for **5–7 days**, including:
    - Retinol / Vitamin A
    - AHAs, BHAs, PHAs
    - Vitamin C
    - Benzoyl peroxide
- Do not use exfoliants or scrubs until fully healed.

SUN PROTECTION

- Avoid direct sun exposure for **48–72 hours**.
- After 24 hours, apply a broad-spectrum SPF 30–50 daily.
- Wear a hat and avoid sunbeds for at least **2 weeks**.

ACTIVITIES TO AVOID (FIRST 48–72 HOURS)

- Exercise, swimming, saunas, steam rooms, and hot baths
- Excessive sweating
- Alcohol consumption
- Shaving or waxing the treated area

WHAT IS NORMAL?

- Redness and sensitivity (1–3 days)
- Mild swelling or tightness
- Light flaking or dryness

These effects should gradually improve.

WHEN TO CONTACT THE PRACTICE

Please seek advice if you experience:

- Increasing redness, swelling, or pain after 72 hours
- Signs of infection (pus, excessive heat, fever)
- Severe itching or rash

RESULTS & FOLLOW-UP

- Skin may look brighter and smoother within a few days.
- Collagen stimulation continues for several weeks.
- Multiple sessions may be recommended for best results.

If you have any questions or concerns, please contact the practice.

This leaflet is for guidance only and does not replace professional medical advice.