

Skin Needling

- Avoid touching the area too much for 48 hours.
- Avoid heat treatments, saunas, steam rooms, hooded hairdryers, hot baths and showers for 48 hours.
- Avoid exfoliation, scrubs, AHAs, BHAs and Vitamin A for at least 5-7 days or until skin has normalised.
- Keep skin hydrated and apply recommended soothing cream as directed for 5-7 days
- Apply SPF daily. A minimum of SPF 30 physical sunscreen is recommended (avoid too much direct sunlight even with the use of SPF).
- Avoid sunbeds.
- Avoid exercise for 48 hours.
- Avoid chlorinated water for 48 hours.
- Avoid heavy makeup for 48 hours (mineral makeup may be worn if application brush is sanitised).
- Use a gentle cleanser for the first 5-7 days
- No waxing, plucking, clay masks, self-tan or facial procedures for at least 48 hours.



After needling it is normal to experience:

- Sensitivity to the touch
- Tightness
- Redness
- Slight peeling
- Minor Swelling
- Scratched appearance to the skin
- Tingling and hot sensation

For general advice only.
Please refer to your treating practitioner if you have any questions or concerns.