

Microneedling: Before Your Treatment

WHY PRE-CARE MATTERS

Microneedling creates controlled micro-injuries to stimulate repair and collagen remodelling. The calmer and healthier the skin is before treatment, the more predictable the recovery.

1-2 WEEKS BEFORE

TELL US ABOUT

- Active acne infection, cold sores, impetigo, warts, eczema/dermatitis flare, psoriasis, open wounds or sunburn.
- Keloid or hypertrophic scarring, poor wound healing, immune suppression, bleeding disorders or significant medical conditions.
- Pregnancy/breastfeeding, isotretinoin, steroids, antibiotics, anticoagulants/antiplatelets or medicines affecting healing.
- Recent or planned laser, Tixel, peel, injectables, surgery or another procedure in the same area.

MEDICATIONS + COLD SORES

- If you are prone to cold sores and we are treating around the mouth, discuss antiviral prophylaxis before treatment.
- Do not stop prescribed medication simply to reduce bruising unless the clinician who prescribed it says this is safe.
- Tell us if your health, medication or skin changes between consultation and treatment.

3-7 DAYS BEFORE

CALM SKIN = BETTER START

- Unless your individual plan says otherwise, pause retinoids, strong exfoliating acids, scrubs and benzoyl peroxide for several days.
- Avoid waxing, depilatory creams and aggressive exfoliation over the treatment area.
- Avoid deliberate tanning. If skin becomes sunburnt, peeling or unusually reactive, contact us.
- Continue prescribed pigment or tyrosinase-inhibiting preparation unless it causes unexpected burning, rash or marked peeling.

24-48 HOURS BEFORE

KEEP IT SIMPLE

- Minimise alcohol if practical. Hydrate and eat normally.
- Do not add new irritating skincare or home treatments.
- If you develop a cold sore, rash, infection, fever or significant illness, tell us before attending.

TREATMENT DAY

The First 24 Hours Matter Most

BEFORE YOU ARRIVE

CLEAN

- Come with clean skin where possible.
- Makeup, SPF and skincare will be removed.

FED + HYDRATED

- Eat and drink normally.
- Minimise alcohol for 24-48 hours if practical.

UPDATE US

- Tell us about new illness, infection, cold sore, medication or skin reaction.

IMMEDIATELY AFTER

WHAT IT MAY FEEL LIKE

Warm, tight or mildly sunburnt. Redness, swelling, tenderness and pinpoint bleeding vary with depth. Deeper acne-scar treatment usually looks more intense than superficial skin-quality needling.

YOUR FIRST-DAY ROUTINE

HYPOCHLOROUS

- Spray the clinic-recommended hypochlorous regularly.
- Apply without rubbing.
- Keep the nozzle clean and do not share.

BARRIER

- Use the bland barrier-repair product supplied or recommended once instructed.
- Apply with clean hands in a thin layer.
- Reapply for tightness or dryness.

NOTHING RANDOM

- No fragranced serums, essential oils, exfoliants or new 'healing' products.
- Do not scrub, pick or peel.

NO SPF FOR THE FIRST 24 HOURS

For our protocol, avoid sunscreen on freshly needled skin for the first 24 hours because rubbing and some sunscreen ingredients may irritate a disrupted barrier. Use strict physical sun avoidance instead: shade, indoors where practical and a clean loose hat that does not rub.

What To Do, Day By Day

0-24 HOURS

PROTECT THE BARRIER

- Hypochlorous plus the instructed barrier-repair product only.
- No makeup, actives, swimming, hot tubs, sauna/steam, very hot showers, strenuous exercise or heavy sweating
- No facial massage, gua sha, cleansing brushes or devices. Use a clean pillowcase and minimise touching.

AFTER 24 HOURS

GENTLE SKINCARE RETURNS

- Cleanse with lukewarm water and a bland non-active cleanser. Pat dry.
- Continue hypochlorous while the skin remains reactive and continue barrier repair as needed.
- Introduce a gentle broad-spectrum SPF 50. If it stings significantly, remove it gently, avoid direct sun and contact us for advice.
- Makeup only once the surface is closed, not oozing or bleeding, and application is comfortable.

DAYS 3-10

EXPECTED

- Dryness or rough, sandpaper-like texture.
- Mild flaking or pinpoint crusting after deeper treatment.
- Residual redness or tenderness.
- Temporary darkening of existing pigment can occur.

DO NOT

- Pick flakes or crusts.
- Scrub or deliberately exfoliate.
- Rush back into actives because redness looks better.
- Judge the final result during early healing.

THE SIMPLE RULE

If a product burns, stings significantly or makes the skin redder, stop it. A calendar date does not override what your skin is showing us.

When Can I Use My Actives Again?

GENERIC WINDOWS - NOT A RACE

Superficial needling may settle faster. Deep acne-scar treatment, combination therapy and reactive skin may need longer. Your individual plan always overrides the timetable below.

REINTRODUCE IN STAGES

EARLY

Bland moisturiser / hydrating serum

Once tolerated

Keep formulas simple and non-irritating.

DAY 3-5+

Vitamin C

Only when calm

Wait longer if it stings or redness persists.

DAY 5-7+

AHAs / BHAs / exfoliating acids

Fully settled skin

No peeling, heat, sting or active inflammation.

DAY 5-7+

Benzoyl peroxide / strong acne actives

Restart cautiously

Wait if dry, inflamed or reactive.

DAY 5-10+

Retinoids / tretinoin

Often later after deep treatment

Restart gradually; deeper sessions may need 7-10+ days.

INDIVIDUAL

Tyrosinase / pigment inhibitors

As prescribed

Useful in pigment-prone skin, but stop and tell us if marked irritation develops.

COMBINATION TREATMENTS

Microneedling Is Not Always A Solo Treatment

MICRONEEDLING + CHEMICAL PEEL

CONTROLLED COMBINATION - NOT DIY LAYERING

- Selected professional peel protocols can be combined with microneedling for acne scarring. Evidence supports benefit from specific controlled combinations.
- This does not mean any peel should be applied through fresh microchannels. Peel type, concentration, sequence, needling depth and skin type matter.
- Combination sessions can increase burning, peeling, inflammation and post-inflammatory pigment risk, so actives may need to stay off longer.
- Do not use an at-home peel or exfoliating acid after treatment unless specifically instructed.
- Pigment-prone and darker skin types require particularly careful selection and pigment control.

MICRONEEDLING + SKIN BOOSTER / INJECTABLE

SAME APPOINTMENT?

- Sometimes appropriate; sometimes better staged.
- Injectable products are not automatically suitable as topical microneedling serums.
- Sterility, intended route and manufacturer instructions matter.
- You may see both microneedling redness and injection papules, bruising or swelling.

AFTERCARE

- Do not massage injection papules or lumps unless instructed for that exact product.
- Under-eye injections can swell more visibly.
- Cross-linked HA has filler-type vascular considerations.
- Follow the stricter aftercare if two procedures have been combined.

PRP / PRF / BIOLOGICAL PRODUCTS

STERILITY FIRST

- Only clinic-directed products prepared for the procedure should be used on freshly needled skin.
- Do not add non-sterile cosmetic serums to open microchannels.
- Follow the specific washing and product timing given for your combination treatment.

What Patients Actually Need At Home

AREA-SPECIFIC TIPS

FACE / EYES

- Eye area may swell more.
- Sleep slightly elevated if needed.
- Keep sprays and products out of the eyes.
- No eye makeup until the skin is closed and comfortable.

NECK / CHEST

- No tight collars or turtlenecks.
- Avoid scarves, necklaces and straps rubbing the area.
- Choose loose, clean clothing.

ACNE / SCARS

- Do not squeeze acne or pick crusts.
- We do not deliberately needle through significant infected or pustular lesions.
- Scar combinations are individually staged.

CONTACT THE CLINIC

NOT THE EXPECTED HEALING PATTERN

- Redness, pain, warmth or swelling is increasing rather than settling.
- Spreading pustules, pus, honey-coloured crusting, open sores or signs of infection.
- A cold-sore outbreak develops in or near the treated area.
- Blistering, significant skin breakdown or prolonged oozing occurs.
- Marked or worsening pigment change.
- An unexpected reaction develops to a product we asked you to use.

URGENT ASSESSMENT

DO NOT WAIT

- Rapidly progressive facial swelling with breathing difficulty or severe allergic symptoms.
- Eye pain or visual change after a combination injectable treatment.
- Severe systemic illness, rapidly spreading infection or another symptom that feels medically urgent.