

## Microneedling / Collagen Induction Therapy

What to expect:

- Redness, heat, and tightness for 24–48 hours (similar to sunburn).
- Mild flaking or dryness over the next few days.

Do's:

- Cleanse with gentle, non-foaming products only.
- Apply hydrating serums or creams recommended by your practitioner.
- Drink plenty of water to support collagen stimulation.
- Use SPF 30+ daily to protect new skin.
- Sleep on a clean pillowcase and avoid touching the face.

Don'ts:

- No makeup for 24 hours (mineral makeup only after that if essential).
- Avoid exfoliating acids, retinoids, scrubs, or strong actives for 5–7 days.
- No exercise, saunas, swimming, or sweating for 48 hours.
- Do not pick at any flaking skin.

⚠ When to contact the clinic:

Contact the clinic if you experience excessive swelling, prolonged bleeding, or signs of infection.

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Where skin confidence begins