

SkinPen Microneedling Post-Treatment Guidelines

Microneedling triggers a controlled healing response. Redness, tightness, warmth, and sensitivity are common for the first 24–48 hours. Follow these steps to support optimal healing and results:

FIRST 24–48 HOURS

- Avoid strenuous exercise or sweating
- Avoid hot showers, saunas, steam rooms, and hot tubs
- No swimming pools or bodies of water

FIRST 72 HOURS

- Cleanse gently using a mild, non-active cleanser
- Only touch your skin with **clean hands**
- Apply approved healing serums such as peptide serums or post-procedure recovery products recommended by your provider
- Do **not** use makeup for **24–72 hours**; if you must, use **mineral makeup** with clean brushes
- Apply a broad-spectrum **mineral SPF 30+** daily once redness subsides
- Avoid active skincare:
 - Retinol/retinoids
 - AHA/BHA acids
 - Vitamin C
 - Benzoyl peroxide

WHAT TO EXPECT

- Redness and heat similar to a sunburn
- Tightness or dryness
- Mild flaking or peeling — **do not pick or exfoliate**
- Skin gradually becomes smoother and more luminous over several days

Results continue to improve for **4–6 weeks** as collagen is produced.

WHEN TO CONTACT US

Please reach out if you experience:

- Severe or worsening redness
- Yellow drainage
- Fever
- Blistering
- Increasing tenderness

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