

Proper aftercare following skin needling is essential to support healing, protect the skin barrier, and maximise your results. The treatment creates controlled micro-channels in the skin, placing it into a repair phase where collagen production and cell renewal are actively occurring. During this time, the skin is more sensitive, more absorbent, and more vulnerable to irritation and environmental damage.

Immediately After Treatment (First 24 Hours)

What your skin is doing:

The skin enters an acute inflammatory phase. Blood flow increases, and healing signals are activated.

What you may experience:

- Redness similar to a mild sunburn
- Warmth and tightness
- Sensitivity to touch
- Slight pinpoint bleeding (in some cases)

Care instructions:

- Do not apply makeup for at least 24 hours
- Avoid touching or contaminating the skin
- Do not cleanse for 6–8 hours post-treatment (or as advised)
- After this time, cleanse gently using a mild, non-active cleanser
- Apply only recommended soothing and hydrating products
- Use a clean pillowcase on the first night

Avoid:

- Heat (hot showers, saunas, steam rooms)
- Exercise and sweating
- Active ingredients (retinol, AHAs, BHAs, vitamin C)
- Fragranced or harsh skincare

Days 2–3 (Early Healing Phase)

What your skin is doing:

Inflammation begins to settle, and the skin starts rebuilding. The barrier is still compromised.

If you have any questions or concerns please contact us 0432 027 890

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What you may experience:

- Reduced redness
- Dryness or tightness
- Mild sensitivity
- Slight rough texture

Care instructions:

- Cleanse gently morning and night
 - Apply hydrating serums (such as hyaluronic acid)
 - Use a barrier-repair moisturiser
 - Keep skincare simple and calming
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Days 3–5 (Regeneration Phase)

What your skin is doing:

New skin cells are forming, and early collagen remodelling begins.

What you may experience:

- Light flaking or shedding
- Skin may feel slightly rough before improving
- Gradual improvement in tone and clarity

Care instructions:

- Continue hydration-focused skincare
 - Do not pick or manually exfoliate
 - Avoid introducing strong active products too early
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Sun Protection (Essential)

The skin is highly susceptible to UV damage after treatment.

- Apply a broad-spectrum SPF 30 or higher daily
- Reapply throughout the day if exposed to sunlight
- Avoid direct sun exposure where possible

Proper sun protection is critical to prevent pigmentation and protect your results.

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What to Avoid (First 3–5 Days Minimum)

- Retinoids (Vitamin A)
- Chemical exfoliants (AHAs, BHAs, enzymes)
- Vitamin C (until skin has settled)
- Fake tan or spray tan on treated areas
- Swimming pools, ocean, or spas (first 48 hours)
- Any harsh or active skincare

When to Resume Active Skincare

Active ingredients can typically be reintroduced after **5–7 days**, once the skin has fully settled and there is no sensitivity. This should be done gradually.

Expected Results Timeline

- Initial glow: within a few days
- Improved texture: 1–2 weeks
- Collagen development: continues over 4–6 weeks

Results improve progressively with each treatment.

Long-Term Care for Best Results

- Maintain a consistent skincare routine focused on hydration and barrier support
- Use SPF daily
- Follow your recommended treatment plan (usually a course of treatments spaced 4–6 weeks apart)
- Avoid over-exfoliating or over-treating the skin

Important Notes

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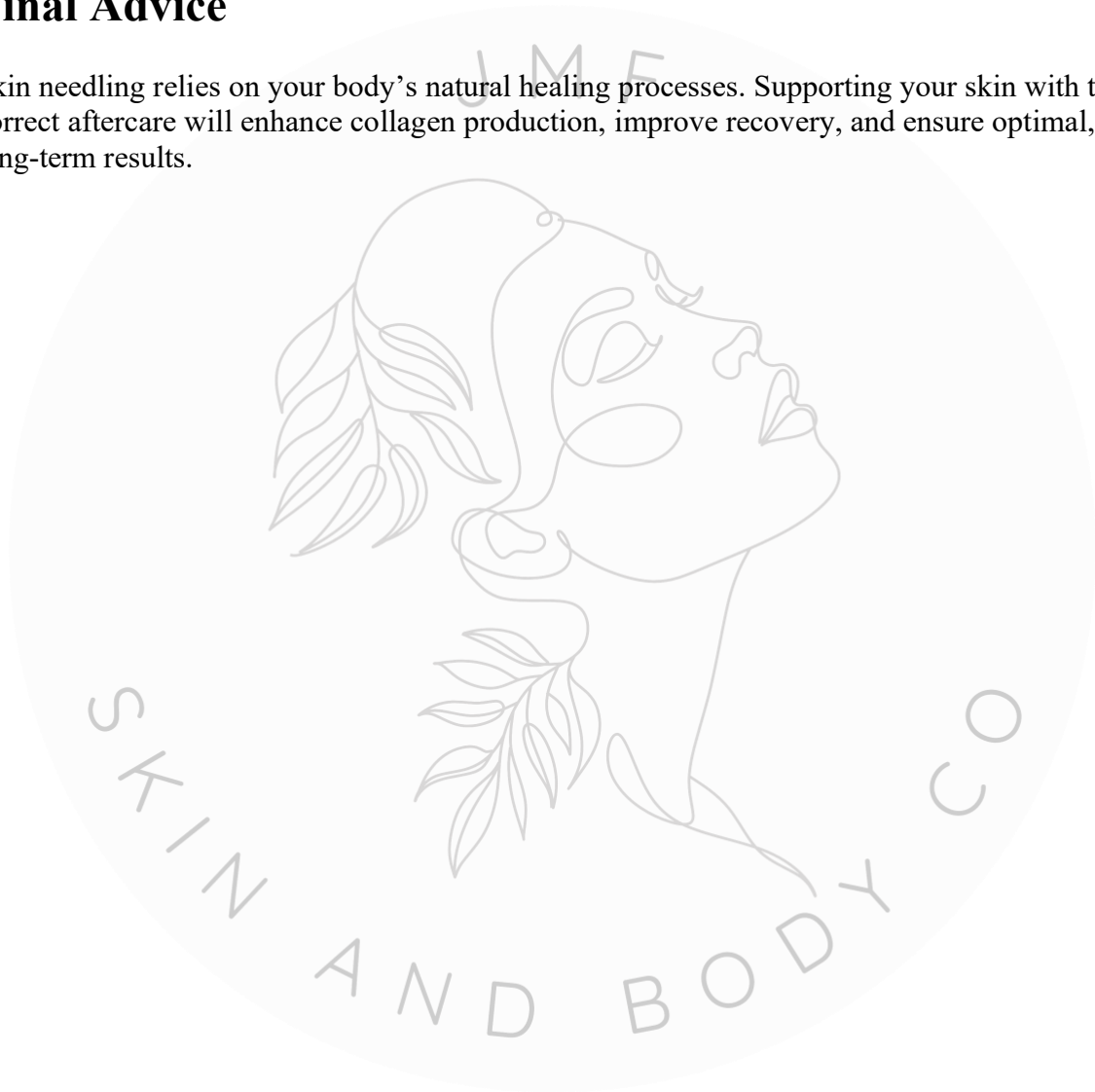
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- Do not pick or scratch the skin during healing
- Mild breakouts may occur temporarily
- Contact your clinician if you experience prolonged redness, swelling, or signs of infection

Final Advice

Skin needling relies on your body's natural healing processes. Supporting your skin with the correct aftercare will enhance collagen production, improve recovery, and ensure optimal, long-term results.



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