

Proper aftercare is essential following RF Microneedling. The treatment creates controlled micro-injuries in the skin while delivering heat into the deeper layers. This triggers inflammation, collagen production, and tissue remodelling. What you do in the days that follow will directly influence your results, healing time, and overall skin outcome.

## Immediately After Treatment (First 24 Hours)

What your skin is doing:

Your skin is in an acute inflammatory phase. It is highly absorbent, sensitive, and actively beginning the repair process.

What you may experience:

- Redness similar to a mild to moderate sunburn
- Warmth and tightness
- Mild swelling, particularly in delicate areas
- Pinpoint marks from the needles

Care instructions:

- Do not apply makeup for at least 24 hours
- Avoid touching your face unnecessarily
- Keep the skin clean, but do not cleanse for at least 6–8 hours post-treatment (or as advised)
- After this time, use a gentle, non-active cleanser
- Apply only recommended calming and hydrating products
- Use a clean pillowcase the first night

What to avoid:

- Heat exposure (hot showers, saunas, steam rooms)
- Exercise or anything that causes sweating
- Active skincare (retinol, AHAs, BHAs, vitamin C, exfoliants)
- Alcohol-based or fragranced products

## Days 2–3 (Early Repair Phase)

What your skin is doing:

Inflammation begins to settle while collagen production is activated. The skin barrier is still compromised.

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

[jmfskinandbodyco@outlook.com](mailto:jmfskinandbodyco@outlook.com) or [hello@jmfskinandbodyco.com.au](mailto:hello@jmfskinandbodyco.com.au)

**5/100 Cheltenham Drive Robina, Located inside the house of lashes**

What you may experience:

- Reduced redness
- Tightness and dryness
- Light flaking or rough texture

Care instructions:

- Cleanse gently twice daily
- Focus heavily on hydration (hyaluronic acid, soothing serums, barrier-repair moisturisers)
- Continue using only gentle, non-active products
- Do not pick, scratch, or exfoliate the skin

## Days 3–5 (Regeneration Phase)

What your skin is doing:

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

What you may experience:

- Dryness or light shedding
- Skin may feel slightly rough before smoothing out
- Improvement in overall tone starting to appear

Care instructions:

- Maintain hydration and barrier support
- You may gradually reintroduce basic skincare if skin feels comfortable (avoid strong actives unless advised)
- Continue to avoid exfoliation until the skin is fully settled

## Sun Protection (Critical)

Your skin is significantly more vulnerable to UV damage after RF Microneedling.

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

Failure to protect the skin can lead to pigmentation and compromise your results.

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

[jmfskinandbodyco@outlook.com](mailto:jmfskinandbodyco@outlook.com) or [hello@jmfskinandbodyco.com.au](mailto:hello@jmfskinandbodyco.com.au)

**5/100 Cheltenham Drive Robina, Located inside the house of lashes**

## 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 (for at least 48 hours)
- Harsh skincare or active treatments

## When Results Develop

- Initial glow: within several days
- Texture and tone improvements: 1–2 weeks
- Collagen-driven results (firmness, tightening, smoothing): 4–6 weeks and continue improving over time

## Long-Term Care for Best Results

- Stay consistent with hydration and barrier-supportive skincare
- Use SPF daily without exception
- Follow your recommended treatment plan (usually a course of treatments spaced 4–6 weeks apart)
- Avoid over-exfoliating or overloading the skin with actives during the healing period

## Important Notes

- Do not pick or manually exfoliate flaking skin
- Mild breakouts can occur as the skin purges—this is usually temporary
- If you experience excessive swelling, prolonged redness, or signs of infection, contact your clinician
- 

RF Microneedling is a results-driven treatment that relies on your skin's natural healing processes. Supporting that process with the correct aftercare will enhance collagen production, improve recovery, and ensure the best possible outcome for your skin.

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

[jmfskinandbodyco@outlook.com](mailto:jmfskinandbodyco@outlook.com) or [hello@jmfskinandbodyco.com.au](mailto:hello@jmfskinandbodyco.com.au)

**5/100 Cheltenham Drive Robina, Located inside the house of lashes**