

Skin Needling Aftercare

0400 477 855

Please try to keep your hands off your face as much as possible. There's no need to touch, pick, rub or fiddle with your skin while it's healing.

The night of

Please avoid: Retinol or retinoids · Vitamin C or strong antioxidant serums · Glycolic, lactic, salicylic or other exfoliating acids · Scrubs · Peels · Strong pigment-correcting products · Perfumed or irritating skincare · Hot showers or baths · Saunas and steam rooms · Strenuous exercise and excessive sweating · Swimming

Do not touch, pick or scratch your skin unnecessarily.

First 48 hours

From the morning after your treatment, gently cleanse your face with your recommended gentle cream cleanser and lukewarm water. No scrubbing, rubbing or exfoliating, just a lovely, gentle cleanse with your fingertips.

After cleansing, apply your recommended post-treatment moisturiser or recovery product. If I've given you a specific post-treatment serum, use it exactly as I've instructed.

From the morning after your treatment, SPF 50+ is essential.

For the first 48 hours, avoid: Steam rooms · Hot baths · Very hot showers · Heavy exercise · Excessive sweating · Swimming

Day 3 to 7

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- 1 Gently cleanse with your gentle cream cleanser.
- 2 Apply your recommended moisturiser or recovery product.
- 3 Apply SPF 50+ every morning and reapply when you are outdoors.

Do not exfoliate during days 3 to 7.

Do not pick or pull at any flaking skin.

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- 1 Gently cleanse with your gentle cream cleanser.
- 2 Apply your recommended moisturiser and recovery product.

Week 2 to 4

Once your skin is completely healed and there is no lingering irritation, significant dryness or sensitivity, you can begin returning to your regular skincare routine.

What is not normal Please contact me if you experience:

- Severe or increasing pain
- Significant or worsening swelling
- Blistering or broken skin
- Increasing redness or heat
- Pus, unusual discharge or signs of infection
- Anything that feels significantly different from what we discussed

If you cannot reach me and you are worried, see your GP or go to your nearest emergency department. In an emergency, call 000.

I am a cosmetic skin practitioner. I am not a doctor or a nurse, and I do not diagnose skin conditions.

Longevity Lounge Esthetics, Shop 14 to 16, 413 to 417 New South Head Road, Roma Arcade, Double Bay NSW 2028