



Reston Dermatology+
COSMETIC CENTER

After Care Instructions

Microneedling

Typical Recovery: redness similar to a sunburn for 24-48 hours

Aftercare Instructions

- Cleanse gently with a mild, non-irritating cleanser twice daily.
- Apply a gentle, hydrating serum or moisturizer recommended by your provider.
- Avoid direct sun exposure; apply SPF 30 or higher daily.
- Avoid harsh skincare products (retinoids, acids, scrubs) for at least 3 days.
- Do not pick or scratch at any micro-injuries or scabs.

Hydration & Protection

- Drink plenty of water to support skin healing.
- Avoid hot showers, saunas, steam rooms, and vigorous exercise that causes heavy sweating for 24-48 hours.

Makeup

- Makeup can be resumed after 24 hours if skin is calm, preferably using gentle, non-comedogenic products.

Warning Signs

- Mild redness, swelling, or sensitivity is normal.
- Contact us immediately if you notice excessive redness, pus, increased pain, or any signs of infection.

These instructions are general guidelines and do not replace medical advice. Please follow any specific instructions provided by your healthcare provider. If you have any questions or concerns regarding your recent treatment, please call us at (703) 766-2220.