

MERAKI

AESTHETICS

MICRO NEEDLING AFTER CARE

During the Haemorrhage phase 1-10 minutes after:
Only use tepid water or medium to high molecular weight hyaluronic acid on the skin. A hyaluronic serum that is medium weight is the best for both micro needling and everyday use. Ensure that you use SPF50 consistently to protect your skin.

You may also use a red LED light to soothe any inflammation, however do note that it's best to use a device that doesn't sit directly on the skin so you can avoid cross-contamination.

The inflammatory phase 1-4 days after:

The platelets in your blood will be releasing growth factors and cytokines which are responsible for our skins natural healing process and regulating any inflammation. It is normal to experience Mild swelling, flaking and peeling after micro needling.

Ensure that you keep the skin hydrated as it will aid in alleviating any tightness or flaking that you experience.

Look into using a deeply hydrating hyaluronic acid sheet mask and topically apply vitamin E, hyaluronic acid, alcohol free toners or any moisturiser with a base of green tea extract. Keep using SPF 50.

The proliferation and fibroblastic phase 4 - 14 days after:

During this phase the fibroblasts are producing growth factors and new skin cells. Topically you may apply kiwi oil, linseed oil, hyaluronic acid, vitamin C, vitamin E, copper peptides, azelaic acid and broad spectrum sun protection.

The maturative phase day 14 and onwards:

You can now go back to your entire routine of cleansers, toners, serums, moisturisers and active ingredients however continue using a broad spectrum SPF to ensure protection of skin from sun damage.