
Microneedling — Pre & Aftercare

Everything you need to know before, during and after your IMedPen microneedling treatment at Gilded Dreams.

WHAT IS MICRONEEDLING?

IMedPen microneedling is a clinically proven treatment that uses a precision device with fine sterile needles to create tiny micro-channels on the skin's surface. This controlled process stimulates your body's natural healing response, boosting the production of collagen and elastin — the two key proteins responsible for firmness, elasticity and smooth texture. Add a skin booster (polynucleotides, exosomes or other mesotherapies) to enhance and accelerate skin repair.

PRE-TREATMENT INFORMATION

Microneedling treatments may be safely used for the face, body, scalp, and intimate rejuvenation. Treatments are fast, effective, comfortable and offer visible results after just one session. Based on your areas of concern, your therapist will recommend a series of treatments in conjunction with homecare products that complement the treatment for optimal results and maintenance.

Tell your practitioner if you have any of the following

Active Psoriasis

Acne vulgaris stage IV

Active Herpes simplex (cold sores)

Warts

Scleroderma

Bacterial / fungal infections

Open lesions

Solar keratosis

Skin cancer

Haemophilia or blood-clotting disorders

Undiagnosed / unusual moles

Active vitiligo

Active lupus erythematosus

Keloid scars

Active collagen vascular disease

Precautions & Considerations

Microneedling-Specific Risks

- Bleeding, increased with anti-coagulant medication or supplementation
- Formation of granulomas and fibrous tissue with deeper needling
- Keloid scarring
- Post-inflammatory hyperpigmentation (PIH)
- Infection, particularly in immunosuppressed or diabetic patients
- Dissatisfaction / inadequate results

Cold Sores & Darker Skin

Cold sores: if prone to herpes simplex, take or apply a targeted prophylaxis (e.g. acyclovir) before treatment to prevent an outbreak.

Darker skin: for tanned or dark complexions, or skin prone to PIH, use a melanin-inhibiting skin regimen for at least 2 weeks prior.

Recent cosmetic treatments: if you've had Botox, dermal fillers, chemical peels or cosmetic tattooing, wait at least **2 weeks** before microneedling.

Pregnancy or medical conditions: inform your practitioner if you are pregnant, planning pregnancy, have a chronic illness, or are undergoing major medical care. When in doubt, seek advice from your GP.

SKIN PREPARATION — AT LEAST 2 WEEKS BEFORE

Avoid

- Skincare products containing retinoids
- Sun exposure for 24 hrs prior (wear high-SPF sunscreen if unavoidable)
- Shaving, waxing or laser hair removal on the treatment area in the week before
- Makeup, creams, etc. on the day — arrive with bare, clean skin

To Do

- Always keep hydrated and drink plenty of water
- Use a gentle, pH-balanced cleanser morning and evening
- Apply SPF 30+ every morning (physical, not chemical, in the week before)

WHAT TO EXPECT DURING YOUR TREATMENT

Your practitioner will prescribe a customised skin solution for pre-treatment, post-treatment, and ongoing maintenance.

Comfort

Your practitioner will take every step to ensure total comfort. Microneedling is relatively pain-free and feels like a light vibrating sensation on the skin with very light pressure applied. Discomfort level is typically around 3 out of 10. Tell us immediately if anything feels uncomfortable.

Protection & Safety

Only sterile, single-use consumables are used throughout the procedure — complete health and safety guaranteed. Treatment takes a minimum of **60 minutes** including preparation, combination therapies and post-care.

AFTERCARE — THE FIRST 3 TO 4 DAYS

It's important to protect and provide extra-special care for your skin for at least 3 to 4 days after treatment. Typically, patients experience 24 to 48 hours of mild to moderate sunburn in appearance and sensation. During healing, minor itching, hives, flaking or redness may appear. **If symptoms persist, please call us.**

Do

- Drink plenty of water to stay hydrated
- Use the post-session topical *Calming Bliss* frequently for the first 1–3 days
- Gently exfoliate after day 3–5 to lift any flaky skin
- Return to regular skincare after day 2–3, or sooner if comfortable
- Apply collagen-stimulating peptides to support collagen rebuilding
- Apply a low-dose vitamin A product (your therapist will advise)
- Consider oral supplements: Omega-3, Zinc, Vitamin C, glucosamine

Don't

- Avoid UV exposure — no sun or sunbeds; wear SPF 30+, hat and sunglasses
- Avoid chemical sunscreen on the day of treatment — physical defence only
- Avoid spray tan or self-tanning for 2–3 weeks
- Avoid makeup for the first 24 hours; mineral makeup only after
- Avoid retinoids, hydroquinone, AHAs, BHAs, benzoyl peroxide, alcohol-based products
- Avoid excessively hot showers, baths, spas, saunas
- Avoid swimming pools
- Avoid intensive exercise (sweat reopens pores & risks infection)
- Avoid further clinical treatments for at least 2 weeks

Skin preparation after day 2–3: gently exfoliate to remove flaky dead skin that commonly forms after treatments. Avoid alcohol-based toners for 10–14 days.

WHEN TO CALL US

If any of the following occur, or if you're unsure about any product or activity, please call us on **01524 732281**: persistent redness beyond 48 hours, signs of infection (increasing pain, swelling, heat, pus), hives or rash spreading beyond the treatment area, or any isolated adverse reaction.

Questions? Call us on **01524 732281** or book online at [fresha.com](https://www.fresha.com)

Your therapist will go through this leaflet with you at your appointment.

VISIT

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OPENING HOURS

Tue & Thu: 9:30am – 8pm
Wed & Fri: 9:30am – 4pm
Sat: 9:30am – 2:30pm
Sun & Mon: Closed

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