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5 Things That Happen to Your Skin After You Get Microneedling

Elise Minton , Executive Beauty Editor | June 13, 2017



Microneedling is one of the most popular skin rejuvenating treatments at the moment, and for good reason. Not only can it improve the look and feel of the skin, but it can also work wonders on reducing acne scars, lines and wrinkles. What you'll experience at the doctor's office is a more intense treatment than what you'll get if you do it yourself at home (with a microneedle roller). But for as much praise as the treatment gets, there are a few things to take note of, especially when it comes to what you'll experience once the treatment is complete.

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Your skin may feel rough to the touch. Directly after a microneedling treatment (and even in the coming days post-procedure), your skin may feel a little different than normal and a bit rough when you touch it. There may be some swelling and bruising, too. Santa Monica, CA, dermatologist **Ava Shamban**, MD, says that the swelling can range anywhere from being mild to more severe, although it is more frequently mild. "But it really depends on the type of microneedling done. Taking an antihistamine beforehand helps, too."



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