

BLK BMR Skin Bar – Post-Microneedling with PDRN Aftercare

What to Expect

After your microneedling treatment with PDRN, your skin will go through a normal healing process. You may experience redness, mild swelling, pinpoint bleeding, and a sensation similar to a sunburn. Small bumps or raised areas may appear where the PDRN serum has pooled. These are temporary and usually resolve within 24 – 72 hours.

Common Reactions

- Redness and warmth (24 – 48 hrs)
- Mild swelling, especially around eyes or lips
- Small bumps or papules (product settling)
- Rough or tight texture for a few days
- Dryness or light flaking as cell turnover increases

Aftercare Instructions

- Avoid touching or scratching your skin for the first 24 hours.
- Do not apply makeup for at least 24 hours.
- Avoid sweating, hot showers, saunas, and workouts for 48 hours.
- Use only gentle cleanser and hydrating products recommended by your provider.
- Apply broad-spectrum SPF daily to protect your healing skin.

When to Contact Us

If you notice spreading redness, persistent swelling, pus-filled bumps, or increased heat and tenderness, please contact BLK BMR Skin Bar immediately. These may be signs of an infection or adverse reaction.

Healing Timeline

Day 1 – 2: Redness, swelling, and bumps may appear.

Day 3 – 5: Skin may feel tight, dry, and start flaking.

Day 5 – 7: Texture improves, glow begins to show.

Day 7+: Continued collagen renewal and smoother skin.

Thank you for trusting BLK BMR Skin Bar with your skin journey.