

Microneedling and Shaving Schedule Plan

Your Personalized 4-Week Microneedling and Shaving Schedule

Weekly Plan for Microneedling + Shaving

Day 1 (Mon): Microneedling: 2.0 mm spot + 0.5 mm full face

- Focus on deep scars with 2.0 mm (targeted spot needling).
- Use 0.5 mm for overall skin stimulation.

Day 2 (Tue): Healing + Hydration

- Skin may be red or swollen.
- Apply hyaluronic acid serum and a healing moisturizer.

Day 3 (Wed): Shave (gently)

- Shave after at least 24 hours post-needling.
- Avoid areas with deep needling.

Day 4 (Thu): Healing + Hydration

- Continue with moisturizers and copper peptides or EGF serum.

Day 5 (Fri): Optional Shave

- Only shave if needed.
- Be gentle and avoid microneedled zones.

Day 6 (Sat): Exfoliate or Light Mask (optional)

- Use a mild exfoliant or a calming face mask.

Day 7 (Sun): Rest + Hydrate

- Let your skin recover fully and stay out of direct sun.

Microneedling Depth Guidelines

- 2.0 mm (Deep Scars): Every 6-8 weeks
- 0.5 mm (Full Face): Every 2 weeks

Important Tips

- Shave 24 hours before microneedling, never after.
- Use soothing and healing skincare post-needling.
- Allow 2-3 days of rest without active treatments.

4-Week Custom Schedule

Week 1:

- Microneedling: 2.0 mm (scar spots) + 0.5 mm (full face)
- Shave before needling

Week 2:

- No microneedling
- Hydration and healing focus
- Shave if needed

Week 3:

- Microneedling again: 2.0 mm (scar spots) + 0.5 mm (full face)
- Shave before needling

Week 4:

- Rest week
- Focus on moisturizing and soothing
- Shave only if skin is fully calm

Stick to this plan to support collagen growth and proper healing between sessions. Always prioritize hygiene, healing, and consistency.