DR EYAS MEDANAT

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GUIDES · EXOSOME MICRONEEDLING REJUVENATION

Exosome Microneedling

Microneedling makes thousands of tiny channels in the skin, which starts its own repair and collagen. Exosomes are applied during the treatment to support that renewal. The skin looks red, like sunburn, for a day or two, then smoother and brighter. It is done as a course of sessions.



1 At a glance

PROCEDURE TIME	ANAESTHESIA	BACK TO WORK
45–60 minutes	Numbing cream	The next day (the skin is red at first)

EXERCISE	RESULTS	HOW LONG IT LASTS
After 48 hours	Glow within a week; collagen over 4–6 weeks	Maintenance every 4–6 months

2 Before your treatment

Specific to this procedure

- Stop retinol, acids and scrubs 5 days before.
- Avoid sunburn and tanning for 2 weeks before.
- Tell us if you have an active breakout, a cold sore or a skin infection, are pregnant, or have taken isotretinoin (Roaccutane) in the last 6 months.
- Arrive with clean skin and no make-up.

3 After your treatment

First 24 hours

- Redness, warmth and a tight feeling like sunburn are expected.
- Do not wash your face for 6–8 hours, then use lukewarm water and a gentle cleanser only.
- No make-up for 24 hours.
- No exercise, sauna, steam or swimming for 48 hours.
- Do not touch your face with unwashed hands; use a clean pillowcase.

The next week

- Use only the gentle cleanser and moisturiser we advise.
- No retinol, acids, vitamin C or scrubs for 5–7 days.
- Light flaking on days 3–5 is normal — do not pick or peel it.
- SPF 50 every day; avoid direct sun for 2 weeks.

4 Your recovery, week by week

Day 1–2

Redness and tightness, like sunburn.

Day 3–5
Dryness or light flaking.

Week 1
Smoother, brighter skin.

Weeks 4–6
Collagen builds; next session.

Call us straight away if you notice

⚠ Redness, heat or swelling that gets worse after 2–3 days, pus, or blisters.

⚠ Increasing redness, heat, swelling or pain after the first 2–3 days, pus, or a fever.

⚠ Anything you are worried about — send us a photo on WhatsApp and we will advise you.

⊕ **Chest pain, difficulty breathing, or heavy bleeding that will not stop: call 998 (ambulance) or go to the nearest emergency department, then let us know.**

Questions while you recover — Message or call the clinic any time — no question is too small, and it is always better to ask early. **+971 50 108 8378** (WhatsApp) · info@eyas.doctor

This guide gives general advice. Dr. Eyas may give you instructions made just for you — at your consultation or when you go home after surgery. If his instructions are different from this guide, follow his instructions. If you are not sure, message us. Last reviewed: November 2026.