

Things you need to know:



- If you can log in to your account, change its password as it will log out your account from other devices and prevents the hacker from accessing it.
- Even if the hacker changes the password, you can request a login link if your email or phone number is still linked with the account.
- If the hacker removes your phone number and email, you can still log in using your Facebook id if you previously linked your account.

If you always link your Instagram account with almost every app and website, you have compromised its security, and there is a high chance of it being hacked. Even if you are not that kind of a person and always keep your account credentials safe, in recent times, many users' accounts have been getting hacked.

And if you think your account is in such a situation, then here's how you can recover your hacked Instagram account on iPhone or Mac.

- [If you still have access to your Instagram account](#)
- [If your account's email and phone number are linked with your IG account](#)

- [What do you do if hackers change your email address?](#)

If you still have access to your Instagram account

Even after getting hacked, you don't need to worry much if you can log in. Follow the methods mentioned here to recover your Instagram account.

1. Change password

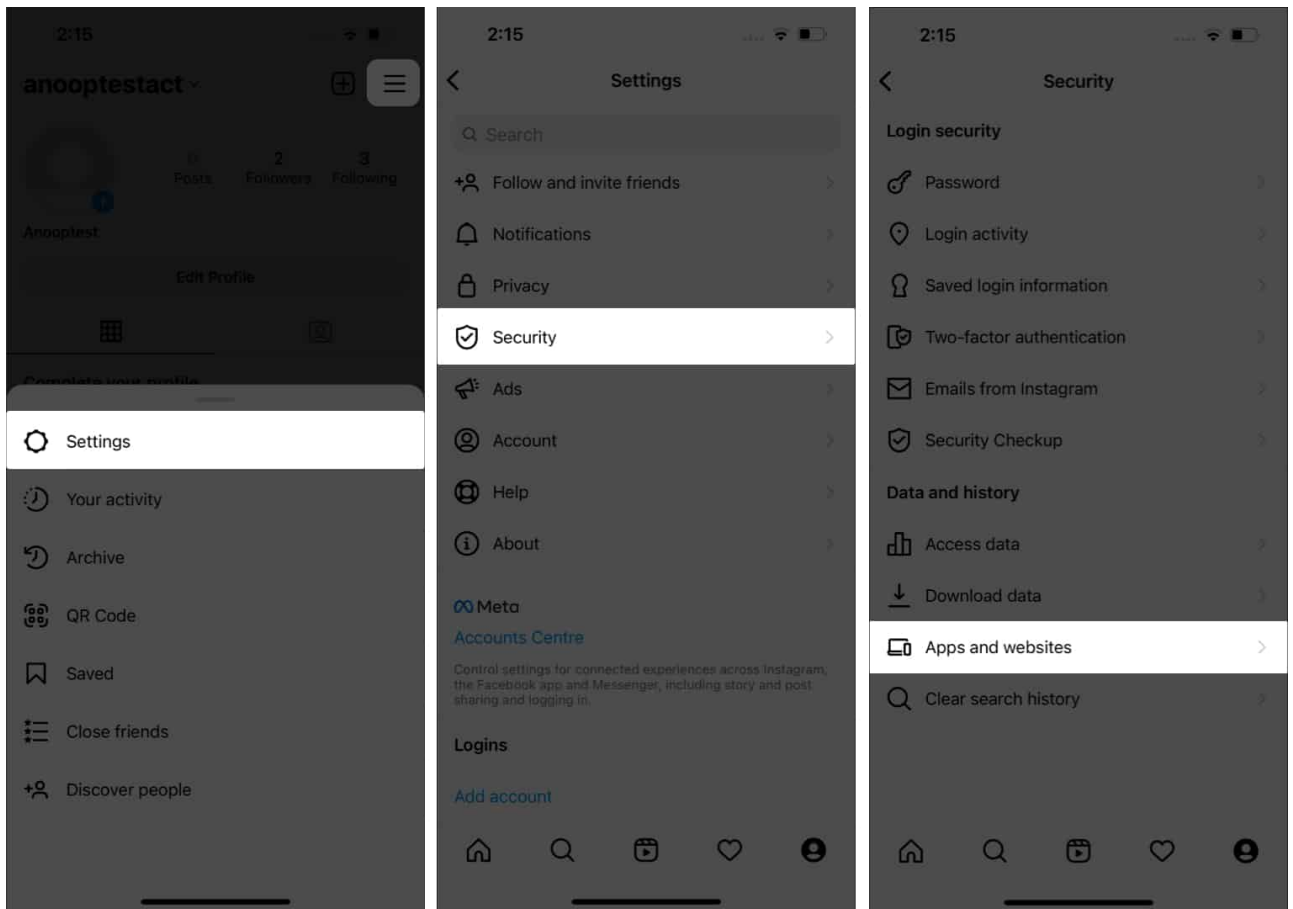
If you can access your Instagram account even after getting hacked, then quickly go and [change its password](#). Doing this will automatically log out your account from every device other than the one you are using currently. And as you can guess, it will prevent hackers from further accessing your account.

2. Revoke access

Remember that app or website you gave permission to link your Instagram id with? This could be a shocker to you, but your actions might be the reason that led your account to get hacked. Most of these apps and websites are wolfs in sheep's clothing.

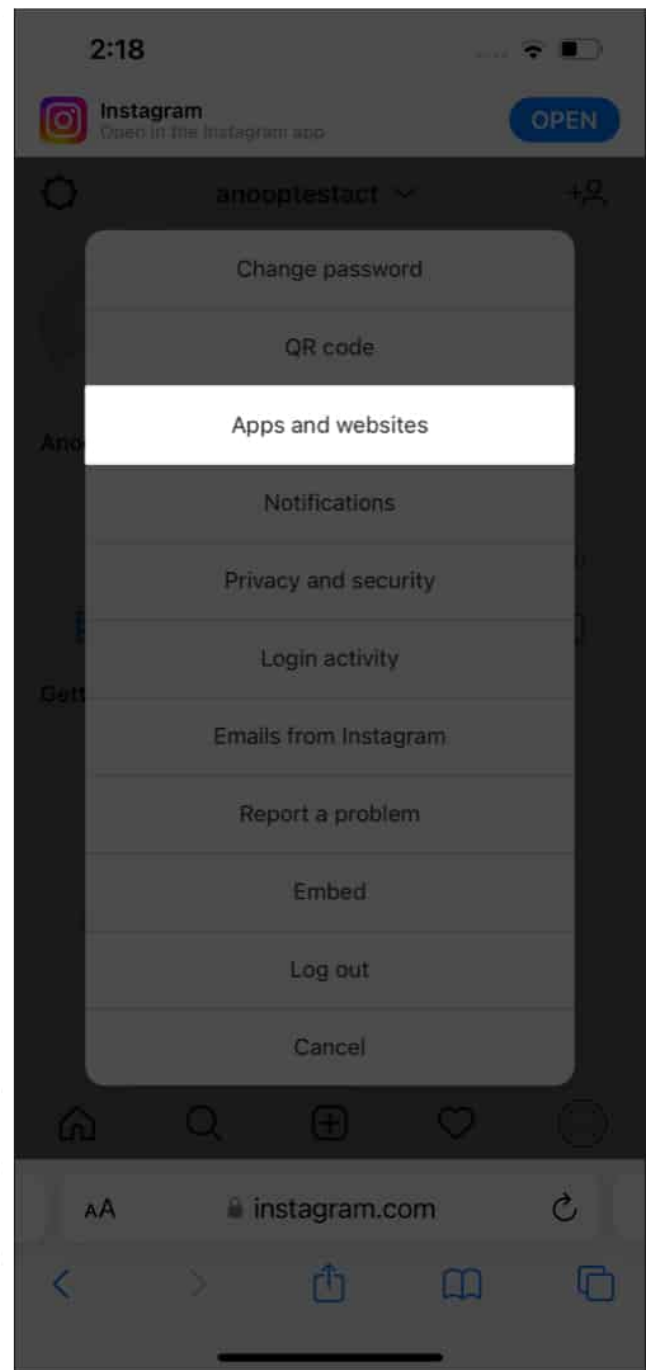
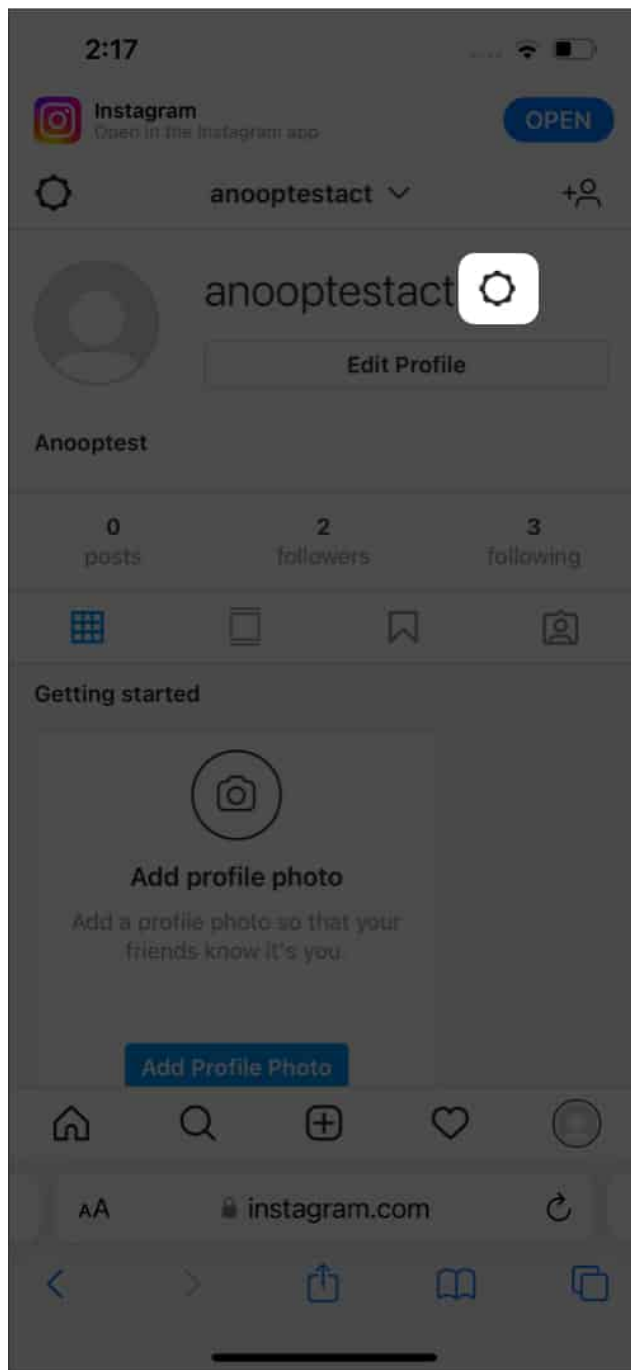
And after you give them access to your account, these apps will try to hack into your account with the permissions you gave. So how to revoke the access you gave to them? On the Instagram app for iPhone and Android, you have to:

1. Open your profile and tap the **hamburger** menu.
2. Tap **Settings**.
3. Select **Security**.
4. Next, select **Apps and websites**.



To revoke the access of apps and website on your Instagram account from a browser on mobile or PC, you have to:

1. Open **Instagram**.
2. Visit your profile and tap the **gear icon**.
3. Select **Apps and websites**.



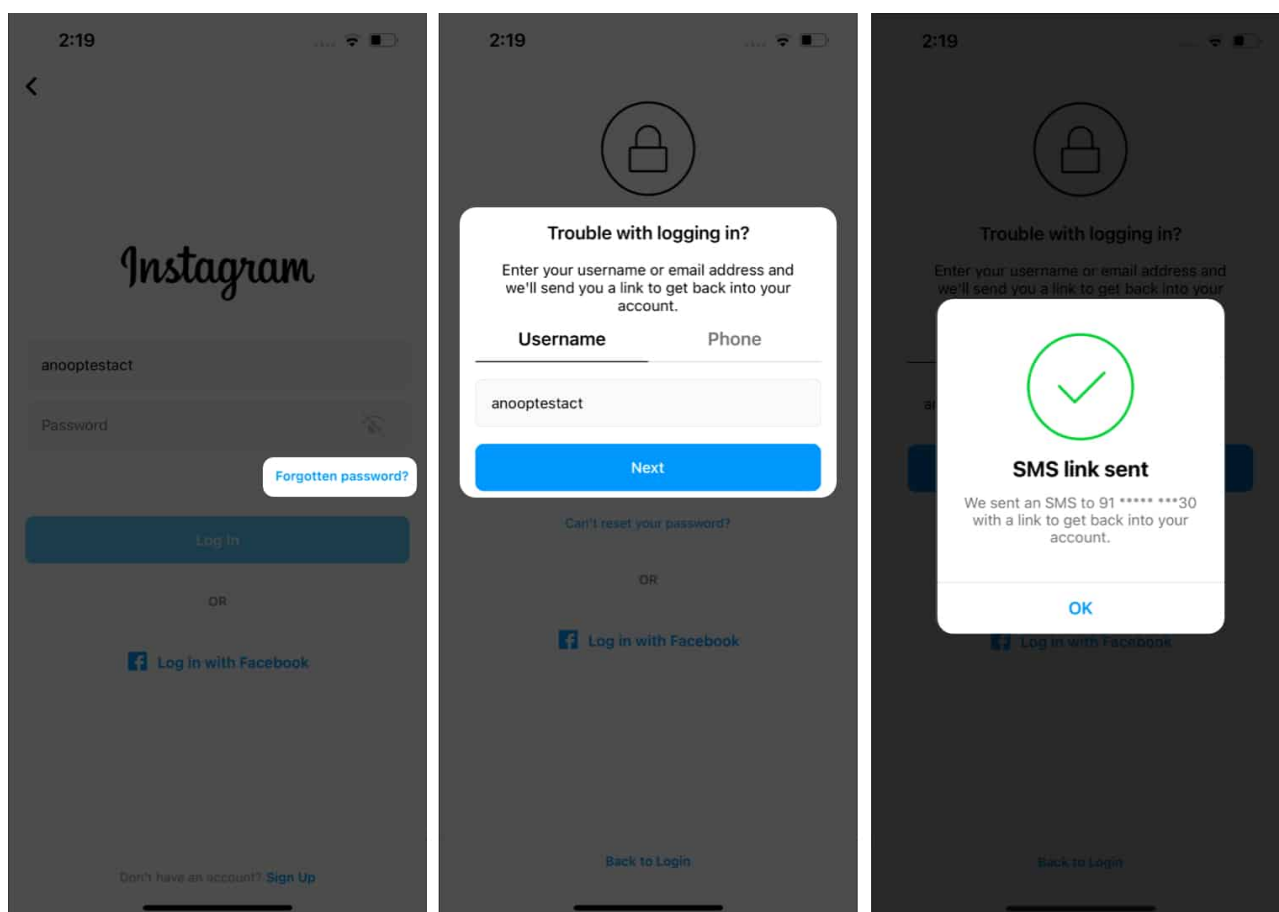
Now, click on the apps and websites where you want to revoke the access, and then click **Revoke access**. You can also use this direct link to [revoke access](#) to the apps and websites.

If your account's email and phone number are linked with your IG account

Hackers will change your account password when they get access. It will also log you out from your devices. But, before they change the linked email id and phone number, let's quickly look at the methods we have to get back your account.

1. Request a login link from Instagram

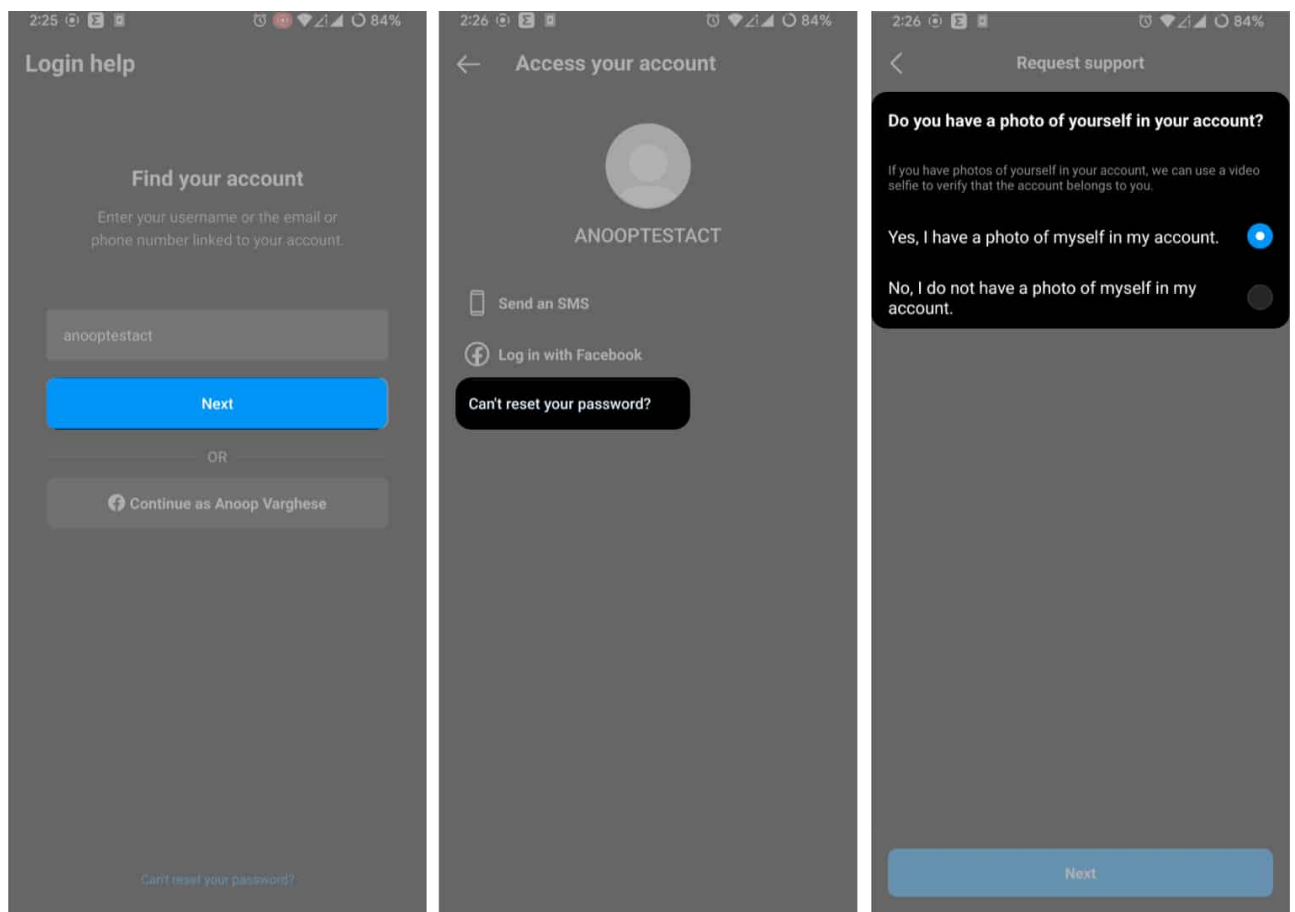
1. Open Instagram and click **Forgot password**.
On Android, it's **Get help logging in**. And on browser, it's **Forgot password**.
2. Type your username or email, or Phone number and tap **Next**.



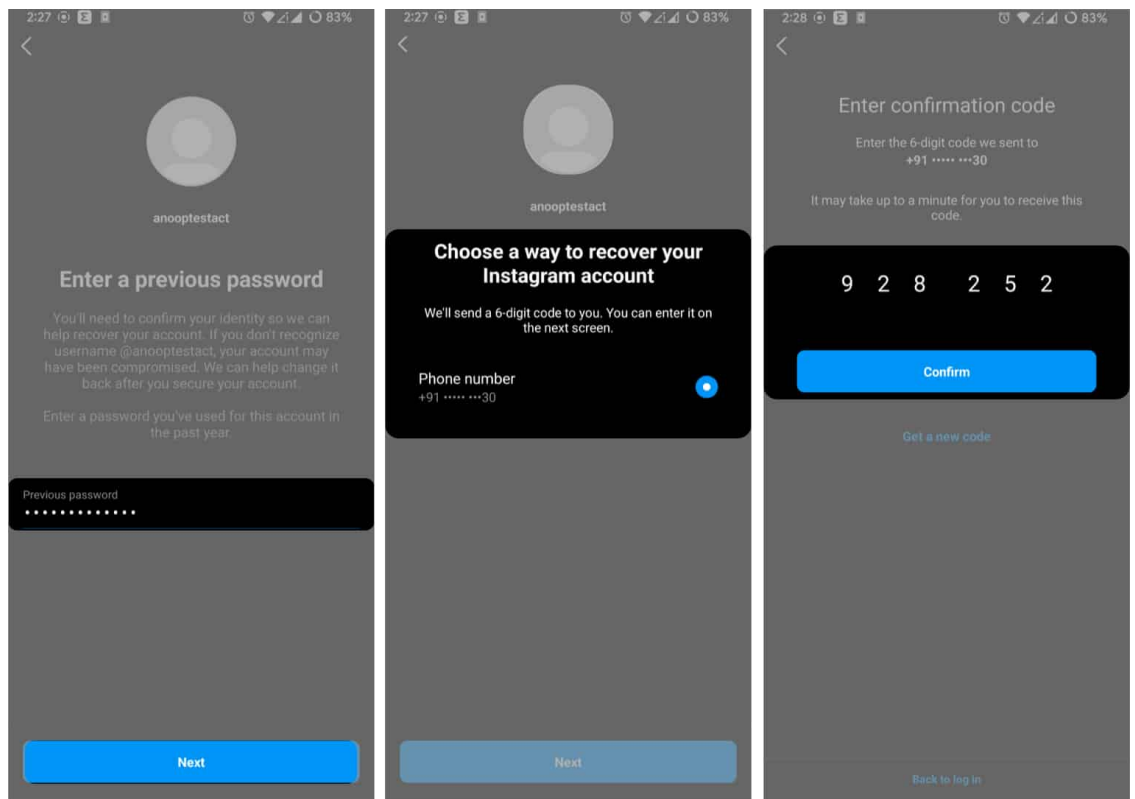
You will be informed a login link has been sent to the linked email or number. Check your email app and tap the link shared with you.

2. Request support or secret code from Instagram on Android app

1. Open the Instagram app, and tap **Get help logging in**.
2. Enter your username or email id, or phone number, and tap **Next**.
3. Next, **Can't reset your password**.
4. Here, select either of the following options:



- Yes, I have a photo of myself in my account:
 1. Tap **Next**.
 2. Enter your **password** and tap Next.
 3. Select the **phone number or email** and tap **Next**.
A secret code will be sent to your phone number or email.
 4. Enter the **code** you got and tap **Confirm**.
Wait for sometime so that Instagram can verify your account.



5. Tap **Next**.
 6. You will be asked to Hold your iPhone at eye level. Tap **Next**.
 7. Submit the video selfie and after that, tap **Submit**.
- **No, I do not have a photo of myself in my account**
 1. Tap Next.
You will be taken to Instagram Help Centre.
 2. Select your issue and proceed accordingly.

Note: If you have been using Instagram for a long time, you need to select **Try another way** after tapping **Can't reset your account** on the login screen. After that, select why you want support from Instagram, and tap **Next**.

What do you do if hackers change your email address?

If you are not lucky enough, the hackers will instantly block all the ways with which you can retrieve your account. As part of that, the email, phone number, and password will be changed. So how to recover your hacked Instagram account in this situation? Let's look at some of the ways which we may still try.

1. Check the email application

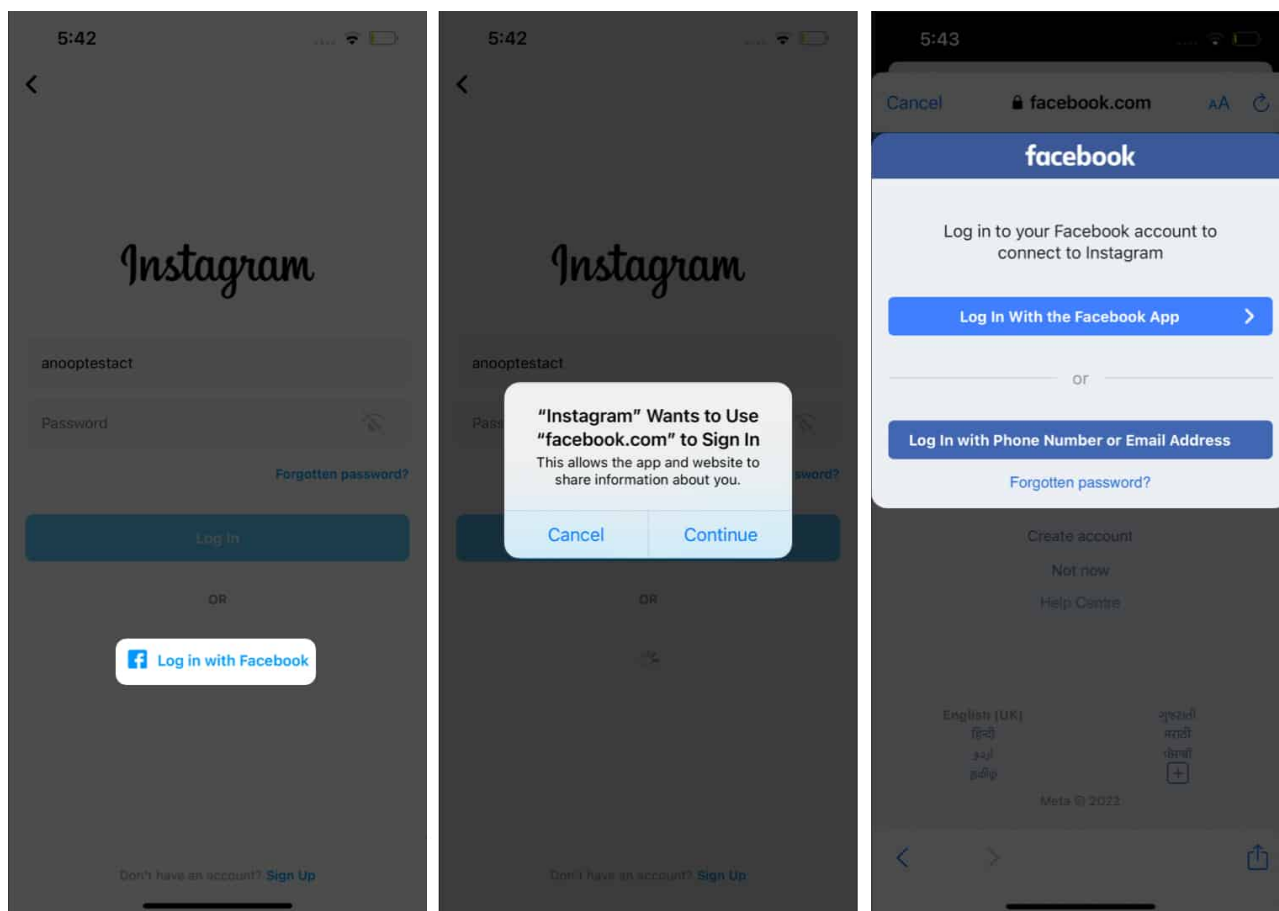
Even if the hacker has changed the email linked to your Instagram account, you still need to check your email application. Instagram will send a confirmation email to inform you if someone tries to change the email linked to your insta account.

If you haven't initiated to change your Instagram account, you can click on the link provided with the mail to block the hacker from accessing your email. That's why it is best to turn on email notifications on your device.

2. Login using Facebook

If you have linked your Facebook account to Instagram, you can try to retrieve your account in that way.

1. Open the **Instagram** app on your iPhone or Android.
2. Tap **Log in with Facebook**.
3. On the next pop-up screen, tap **Continue**.
4. Now, log in with your Facebook id.



If the hacker hasn't unlinked your Facebook account, you will be able to log back into your account with this method and then [change password](#) of your account and [revoke the access](#) of your account.

How long does it take to recover hacked Instagram account?

Usually, Instagram will take around 2 days to help you recover an account. Even after the video verification, Instagram will keep your verification video for up to 30 days.

How do Instagram accounts get hacked?

If you have provided your data to malicious apps and websites, there might be a chance for hackers to get access to your account and hack it.

How do I email Instagram for help?

You can email Instagram at support@instagram.com, and can contact on the phone

number is 650-543-4800. If you cannot get a response, you can [request support](#) from Instagram on the login screen.

That's it!

In this day and age where our data is always at the risk of being hacked, it's always better not to share your account data with unknown apps and websites. Were you able to get back your account? Let me know in the comments.

Here are some more tips and tricks on Instagram for you to check:

- [How to download and view your Instagram data](#)
- [How to remove a remembered account on Instagram](#)
- [How to permanently delete Instagram account on iPhone](#)
- [How to turn off precise location on Instagram](#)