

PRE AND POST TREATMENT ADVICE

PRE TREATMENT - PREP IS KEY

Skin preparation with ingredients such as Vitamin A, C or Peptides can be recommended before treatment to intensify effects. A similar routine can also be recommended for up to 6 months post treatment to aid the healthy production of collagen.

ONE WEEK

We recommend avoiding use of the following one week prior to treatment:

- **Don't shave / exfoliate or use depilatory creams prior to treatment.**
- **Facial Waxing**
- **Sun exposure / sun beds / heat treatments**
- **Any Vitamin A products / Retin A / prescribed skincare**

THREE DAYS

We recommend avoiding use of the following three days prior to treatment:

- **Any products containing AHA** (Alpha Hydroxy Acids) **or BHA** (Beta Hydroxy Acids)

POST TREATMENT

Straight after your microneedling treatment your skin may look and feel warm as if you have moderate sunburn. This will begin to fade over the coming hours and you will have slight redness the following day. Over the coming days you may notice some: Dryness/Swelling/Itchiness/Marking/Blotchiness/Track marks/Tenderness/Bruising/Taut sensation and mild shedding. During this healing phase it is important not to over stimulate your skin.

- **Use of Soothing Repair Postcream for 5-7 days**
- **Use a sun protection of 30 or higher - this should be re-applied every 2 hours to exposed skin**
- **Do not apply any active products to your skin for at least 5 days** (ie. AHA's / Retinol)
- **Avoid all facial treatments / hair removal over treatment area for at least 7 days**
- **Avoid swimming in chlorinated water**
- **Avoid sun exposure / sun beds / heat treatments**
- **Avoid products containing: preservatives, fragrance, acids, dyes and other colouring agents or surfactants**
- **Do not pick or peel at shedding skin**