



MICRONEEDLING

Pre-treatment instructions

PRE-TREATMENT INSTRUCTIONS

6 months before your appointment:

- Stop any use of oral Acne medication, such as Accutane/Isotretinoin.

2 weeks before your appointment:

- Do not wax or use depilatories/hair removal creams for two weeks prior your appointment.
- Avoid sun exposure, tanning beds or use of tanning creams for two weeks prior your appointment.
- You will need to wait 2 weeks for any Microneedling treatment after having Fillers or Botox.

1 week before your appointment:

- Avoid anti-inflammatory/blood thinning medications, for a period of one week prior treatment.
 - Medications and supplements such as aspirin, vitamin E, ginkgo biloba, ginseng, St. John's Wort, Omega 3/Fish oil supplements, Ibuprofen, Motrin, Advil, Aleve, and other NSAIDS have a blood thinning effect and can increase the risk of bruising and swelling.
 - **Disclaimer:** If you are under the care of a doctor, please consult with them before stopping any medication.
- Stop the use of any product that uses the word 'scrub' in its description.
- Stop the use of topical exfoliants/actives such as AHA, Retinol, Tretinoin, Retin-A, Tazorac, Dierin, EpiDuo, Zlana, Glycolics and Enzymes. If you are unsure on a product, don't use it.

72 hours before your appointment:

- Do NOT consume alcohol at least 72 hours prior to treatment (alcohol thins the blood and increases the risk of bruising & bleeding)

24 hours before & day of your appointment:

- Reschedule your appointment if you have any rash, cold sore or blemish on the area.
- Be sure to have eaten & be well hydrated prior your appointment, as this will decrease the chances of lightheadedness.
- Avoid alcohol and caffeine to minimize bruising and swelling.
- Arrive fully cleansed and with no make-up- so no powders, sunscreen, lotions or oils.
- Avoid blood thinning agents- as this can create additional bruising.

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MICRONEEDLING

Post-treatment - After Care

POST-TREATMENT INSTRUCTIONS

After microneedling, expect redness, mild swelling, tenderness, and peeling for a few days.

This is normal and is a result of the inflammation that causes collagen induction. If swelling lasts over a week or gets worse, consult your healthcare provider.

WHAT TO DO:

- Use SPF +50 every day even if you're not exposing your face to sunlight.
- Wash your face twice daily in lukewarm water with a gentle scent free cleanser approved by your practitioner. Use your hands only, no rubbing and pat dry.
- Gently apply a layer of serum and moisturizer approved by your practitioner, at least 2 times a day. It's advised that you increase moisturizing for at least a week.
- Use a cool compress (not ice) as needed for pain/swelling.
- Stay hydrated.

WHAT TO AVOID:

- Avoid alcohol and blood thinning medication for 24 hours.
- Avoid wearing makeup for 48 hours and make sure your brushes are clean when you get back to your routine.
- Avoid strenuous exercise for 48 hours.
- Avoid extreme temperatures (cold and hot) for 48 hours. (sauna, steam-room, sunbed, hot showers)
- Avoid sun exposure and heat as much as possible for two weeks. Wear sunscreen SPF +50 daily for 2 weeks post treatment. Exposure to sun and UV rays can increase the chance of hyperpigmentation. If you must be in the sun, apply SPF 50 or greater, reapply often, wear a wide brimmed hat, and seek shade if possible.
- Do NOT pick or pull at dry or peeling skin, let it fall off naturally.
- Do NOT scrub or exfoliate treatment areas for one week.
- Do NOT start the use of topical actives for at least one week, and make sure skin is fully healed prior to using.
- Do NOT have any other facial treatments for at least 2 weeks after your treatment.

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After Care-Post-treatment

- 1. There will normally be redness in the area. This is normal and is a result of the inflammation that causes collagen induction. With a 0.5mm roller this will usually clear within a few hours but can persist for up to 2 days in some cases.
- 2. You may experience some itchiness in the area due to the release of histamines. An Anti-histamine may assist in the reduction of this.
- 3. Some dry skin may be experienced and a hydrating skin care cream is useful to assist this. This dry skin is caused because the moisture barrier of the skin has been breached by the needles and is a normal reaction.
- 4. The skin may feel tender to touch.
- 5. You may experience an immediate feeling of tightening in the skin. This is because skin-needling immediately shortens the elastin fibres so tightening the skin
- 6. You may also be more sensitive to sunlight straight after treatment. This affect can last for several days. Avoidance of direct sunlight is preferable and if this is not possible SPF 30 or above sunscreen should be applied.
- 7. In rare cases, there may be some bruising, swelling or marks where the needles have entered the skin.
- 8. In rare cases, small pustules may form on the skin. They should disappear on their own. If they persist please see a GP.



MICRONEEDLING

What to Expect

THE HEALING PROCESS: WHAT TO EXPECT AFTER A MICRONEEDLING TREATMENT

Microneedling is a quick and non-invasive cosmetic procedure with minimal side effects. However, it's quite

Day 1-3

normal to experience the following:

- A sunburn-like effect is normal. Your skin may feel tight, dry or sensitive to touch. Treat the skin gently by washing it with a gentle cleanser, cool water, and using only your hands to pat dry no earlier than 4 hours after treatment.
- Some redness may also be present and in some severe cases, patients may experience slight bruising that can last for 5-7 days and temporary swelling for 2-4 days.

Tips

- Very important: Follow the after care instructions.
- Avoid strenuous exercises that cause sweating as well as jacuzzi's, saunas & steam baths for up to 48 hours.
- Sleep on your back with the head of the bed elevated to minimize swelling or pain as needed.

Day 2-7

Peeling may start 3-5 days after the treatment. You'll notice skin dryness and flaking which is due to an increased turnover of skin cells. **DO NOT** pick, scratch, or scrub at treated skin!

Important information: You must allow the old skin to flake off naturally and keep it moisturized at all times. Talk to your skin specialist about which products to use.

Day 5-7

You may start your regular skin care products again, once your skin no longer feels irritated. Most of our patients have noticed continued skin improvement over the months following their last treatment.

For best results: We recommend follow-up and repeat microneedling treatments every 4-6 weeks, with a series of 3-5 treatments depending on your personalized care plan.

Day 2-28

The increase in collagen induction begins within 48 hours of treatment. However it usually takes at least 4 weeks for superior results to be seen.

3-12 Months

The results will continue to improve for 3-12 months after the treatments as a whole new collagen matrix is formed within the skin. New collagen laid down should last for a period of 5-7 years making micro-needling a very long-lasting treatment. The collagen induction will usually result in a decreased appearance of lines and wrinkles and an increase in the firmness of the skin. Depending on what is being treated there should also be a reduction in visible scar tissue, reduced signs of UV damage, tightening of the skin, reduced hyper-pigmentation, less rosacea, thickening of the skin, reduced skin laxity & increase in scalp hair.

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Confidentiality Policy Clause in light of the Coronavirus situation :Public Interest Additional This may become relevant if I contract the virus as I will be obliged to inform the NHS of people I have been in contact with. In this case, I may need to share your name and contact details but not the context in which I know you. However, you may be contacted by the NHS.

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