



Pre-Treatment & Aftercare Microneedling

Thank you

Firstly, thank you for selecting me to do your treatment.

On the day

My studio is located in PRIMROSE BEAUTY – 51 STONECOT HILL, SUTTON, SM3 9HJ.

On the day of your appointment, please come on time, but not too early. As we don't have a receptionist to let you in, and I will likely be tattooing.

Can I bring a friend?

I am happy for you to bring a friend or family member, but bear in mind, my studio room is small, and we need to be respectful of other salon users.

What about parking / public transport?

I recommend you park in Asda, Stonecot hill. Or in the surrounding streets. Both are free for 2 hours.

From Morden or Wimbledon station you can get a 93 bus directly to the studio. The stop is Ash Road.

How long will my appointment take?

You will be with me around 2 hours. So please leave plenty of time.

What payment methods do you take?

You can pay by cash or card on the day.

From 2025 a £50 deposit will be taken on booking. [Details below.](#)

This is refundable should you cancel 48 hours before the treatment.

Any cancellations after this will result in a loss of the deposit.

Will it be painful?

Yes, any dry needling can be very painful. I recommend buying numbing cream online and applying 45 min before your appointment in a thick layer under cling film or a waterproof dressing. And bring extra for the appointment.

Brands I recommend are TKTIX or totally numb at the highest strength. These can all be bought online without prescription.

Sadly, I cannot provide numbing creams as it is illegal to supply in my council borough.

Legal Things

- For microneedling, you might require a **patch test** for your treatment. Please do this as soon as it arrives.
- If you have any illnesses, skin conditions or take under regular medication, please let me know prior to booking.
- I am unable to tattoo those under active chemotherapy or who have had surgery OR radiotherapy to the site 6 months prior.
- I cannot also accept patients with DBS or pacemakers.
- I cannot accept patients who have autoimmune disorders including Lupus.

Pre-treatment Instructions

1. Keep the area well moisturised on the run up to your appointment. Skin that is dry, flaky or irritated will respond poorly to MCA.
2. Do not sunbathe, self-tan or burn skin for 7 days prior to the appointment.
3. Avoid blood thinning agents prior to your appointment, these including fish oils, vitamin C, ibuprofen and aspirin. If you take blood thinners for a medical reason, please let me know when booking.

Aftercare

- After the treatment, you should expect some swelling and redness. This is a healing response and can last for 24 hours.
- The practitioner will apply a thin layer of healing balm and or a facepack to use when you arrive home.
- Immediately after your needling procedure, avoid Ibuprofen, as this will interfere with the natural inflammatory process that is critical for skin rejuvenation and repair.
- When showering use a mild soap. Avoiding rubbing the treated area,

- Scabbing and flaking are normal and are part of healing. Applying **simple moisturiser** or **La Roche Posay Cicaplast Gel** can help in the healing phase.
- Your scars / stretch marks will look darker as they heal. How long this darkness lasts depends on many healing factors such as age, lifestyle, following aftercare, and if you are prone to hyperpigmentation.
- Days 14-40: Your skin will start to look like it is going back to normal usually. Of course, results may vary from patient to patient. Keep in mind that the healthier your body is, the better will be the results you achieve from a needling procedure.
- I can only treat you 6 weeks apart, regardless of how good your area has responded. Over treatment can lead to further scarring.
- If you are prone to hyperpigmentation lightening serum such as the **Face Theory Exaglow serum** can help.

Please avoid the following

- No swimming, sauna and steam rooms for 2-3 weeks.
- No excessive sweating for 72 hours.
- No picking of the scabs

If in doubt, please email or call me

The.pixel.nurse.pmu@gmail.com or **07791041489**

Bank Account Details

Please on the booking use your name and appointment date as reference.

Laura Powell

Monzo – Personal

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