

Microneedling

1. The treated area can be red or pink in colour after the treatment and this may last for a few hours. It will also feel warm to the touch during this time.
2. Bleeding may occur slightly afterwards; this is normal and will soon stop.
3. You may see some grazing of the skin following treatments, depending on the treatment protocol used.
4. Dry/flaky skin is normal post-treatment, and can be helped with a plain moisturiser. Do not pick or exfoliate the skin during this time.
5. A high protection sunscreen should be used after treatments and sun exposure should be avoided for 4-weeks post-treatment.
6. Make-up can be applied after 12 hours.
7. Immediately after treatment, contraction of collagen fibres improves the skin's elasticity, so your skin may appear firmer. This may be temporary as the production of new collagen takes time, and best results are seen after a course of treatments (continuing for 3 to 6 months after the end of your course).
8. Avoid alcohol and keep hydrated by drinking plenty of water.
9. Avoid heat treatments such as hot baths/showers, saunas, steam rooms for 72 hours post treatment.
10. Waxing, tweezing and depilatory creams can be resumed 7 days post treatment.
11. A non-exfoliating cleanser and light moisturizer can be used on the day of treatment and for 1-2 days afterwards. By around day 3 normal skin routine can be resumed however, avoid acid/chemical-based products for at least 7 days post treatment.
12. Further laser treatment, chemical peels, Botox/Dermal fillers can be resumed 2 weeks post treatment.
13. Waxing, tweezing and depilatory creams can be resumed 3 days post treatment.
14. A non-exfoliating cleanser and light moisturizer can be used on the day of treatment and for 1-2 days afterwards. By around day 3 normal skin routine can be resumed, however, avoid acid/chemical-based products for at least 7 days post treatment.
15. Further laser treatment, chemical peels, Botox/Dermal fillers can be resumed 2 weeks

