

Pre & Post Procedure Information



Good nutrition and skincare is of paramount importance and your diet and other lifestyle factors will impact the efficacy of your mesotherapy and needling treatments. Below is my pre-procedure recommendation to enhance your results and ensure you get the absolute best from your treatment.

3 WEEKS BEFORE TREATMENT

Non-negotiable

- Vitamin C 1600mg daily (smokers incl. Vaping, need additional 250mg per cigarette)
- Iron 15mg daily
- Zinc 25-50 mg daily
- High-quality broad spectrum SPF 15, daily. In sunny weather, reapply 3 times per day

Optional

- Probiotic (choose a good quality brand from the refrigerator section)
- Liquid chlorophyll, chlorella, spirulina, or wheatgrass
- 3 x Brazil nuts per day, 6 x almonds per day, 6 x walnuts per day, cocoa, watermelon, wild salmon, extra green leafy vegetables

PREPARING THE SKIN

Using a high-quality Vitamin A serum (aka retinol, retinoid acid, tretinoic acid, Renovasm, etc.) at least 3 weeks before will greatly enhance your results. If you are already using a Vitamin A product, please advise.

If this is new to you, we have a Starter Kit that you can purchase before your treatment. Phone 07976 962 960 to order.

We sell and recommend Environ home products as they are excellent quality and well-tolerated by most skin types and are a 'stepped' range of products whereby potency is gradually increased over time.



AVOID 24 HOURS PRIOR TO PROCEDURE

- Alcohol
- Aspirin, ibuprofen or other NSAIDs if possible
- Trans-fats and sugar

POST NEEDLING/MESOTHERAPY PROTOCOL

- Evening of your treatment, splash needled area with tepid water only
- No makeup for 24 hours unless you have purchased a camouflage serum designed for post-treatment use (I can recommend several brands available from specialist shops)
- You may use product recommended by your practitioner from the first evening.
- Skin will appear mildly sunburned for 24-36 hours. You may have some minor flaking around day 5-10