

# Pre & Post Procedure Information



## NUTRITION

Good nutrition is of paramount importance for the skin, 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
- Iron 15mg daily
- Zinc 25-50 mg daily
- High-quality broad spectrum SPF 15, daily

#### Optional

- Probiotic (choose a good quality brand from the refrigerator section)
- Liquid chlorophyll, chlorella, spirulina, or wheatgrass
- Brazil nuts, almonds, walnuts, cocoa, watermelon
- Extra green leafy vegetables

### PREPARING THE SKIN

Using a high-quality Vitamin A serum (aka retinol, retinoid acid, tretinoic acid, Renova<sup>tm</sup>, 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