

### What to do BEFORE

- Exfoliate. Recommended to do a very superficial Chemical Peel 2-3 weeks prior to Microneedling treatment to ensure dead skin is shed; making the needling treatment more effective.  
If you can't exfoliate before the procedure, for which ever reason, expect better results with your second treatment.
- Maintaining a healthy diet is the best way to ensure that your body is prepared for the procedure. Berries are an especially good source of antioxidants, which is great for your skins' recovery process.
- Cold sores? You might have a flare up. Try using a lysine preparation, which helps with cold sores, prior to your treatment. You can also ask your doctor about taking antiviral medication.
- Stay hydrated. Drinking a lot of water ensures your skin heals quickly, giving you that radiant, supple appearance.  
Microneedling can also rob your skin of its moisture, so drinking plenty of water before the procedure will help make sure your skin stays well hydrated.
- Good skin care regimen and routine. Even though Microneedling is minimally invasive, it will cause minor trauma to your skin, which is the point, after all. A comprehensive skincare routine will help to give your skin the strength it needs to endure the tiny punctures.
- Avoid using any retinoids; or products containing vitamin A, topical antibiotics, hydroquinone, or benzoyl peroxide for at least four days before your treatment.
- Be sure to tell me about any significant changes you notice leading up to your treatment. This might include a breakout, excessive dryness, or even sunburn.

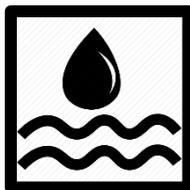
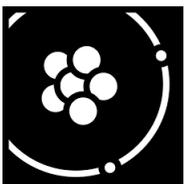
### WHAT IS MICRONEEDLING?

Microneedling is a minimally invasive cosmetic procedure that is used to treat skin concerns via collagen production.

An inflammatory response is activated by the needles, and growth factors as well as fibroblasts are released to replace the damaged tissue cells.

New layer of the skin is produced meaning the old skin has to be eliminated and this is done by the skin peeling off.

The peeling is minimal; like a mild sunburn.



### What to expect DURING

- A consultation of 30min before the procedure to ensure that all questions are answered
- Topical numbing cream is applied to the area 15-20min prior to procedure.
- Application of conditioning serum. Condition serum is high in anti-oxidants to decrease inflammation marker activity. Reducing the risk of complications
- A serum is chosen for specific skin condition/concern to needle inside.
- Calm the skin with Biomedical Emporium wound occlusive. Containing Vitamin E, Hyaluronic Acid, Zinc Oxide & Bacteriostatic Tea Tree

### How to take care AFTER

- Your skin might feel warmer and tighter than usual. These side effects will fade after 3-4 hours
- Redness in spots will fade within 2-3 days.
- The deepest needles might also cause some minor bleeding, swelling or bruising
- Within a day or 2, you may notice your skin starting to flake and peel. This is due to the treatment speeding up your skin cells' turnover rate, which is how quickly the dead cells are replaced by new cells.
- If you experience peeling, it usually lasts about 5-7 days, during this time hydrate with collagen serum.
- Do not expose yourself to the sun. Best to stay indoors for 24 hours.
- Do not use makeup; important to give your skin room to breathe for 24 hours.
- Avoid any excessive sweating and exercising.
- Keep the skin hydrated; it will feel tighter and dry.
- Do not touch, pick, scratch or irritate the skin in any way.
- Can apply a cold compress for comfort.
- Do not use any exfoliating products / ingredients for 7 days after treatment.
- If you experience any pain after procedure, ask the pharmacist about Paracetamol 500mg, 3 times a day.
- Keep your skin away from any smoke / pollution. Your skin will breathe in the toxins.
- If you experience any break-out or bumps, inform me with a photo. Break-outs can be part of the purging process.

