

Microcurrent Treatments: Pre-Treatment Preparation & Aftercare

Before Your Treatment

To ensure you achieve the best possible results from your microcurrent treatment, please follow these guidelines:

Drink plenty of water for 24 hours before your appointment, as hydrated tissues respond better to microcurrent stimulation.

Avoid excessive alcohol consumption for at least 24 hours before treatment.

Arrive with clean skin free from heavy makeup where possible.

Inform your therapist of any changes to your medical history, medications, or health conditions.

Avoid Botox or dermal filler treatments for at least 2 weeks before your appointment unless advised otherwise by your practitioner.

Remove any metal jewellery from the treatment area prior to treatment.

Eat a light meal before your appointment to maintain comfort throughout the session.

After Your Treatment

For optimal results and to support your skin's natural rejuvenation process:

Continue to drink plenty of water for 24-48 hours following treatment.

Follow your recommended skincare routine and use products advised by your practitioner.

Apply SPF daily to protect your skin and maintain results.

Avoid excessive alcohol consumption for 24 hours after treatment.

Avoid extreme heat, including saunas, steam rooms, and hot tubs, for 24 hours.

Maintain a healthy lifestyle, including regular exercise, balanced nutrition, and good hydration to help prolong results.

Schedule any recommended maintenance treatments as advised.

What Can I Expect After Treatment?

Most clients experience:

A lifted and more sculpted appearance

Improved facial definition

Increased skin radiance

Reduced puffiness

Firmer, more toned-looking skin

These effects may continue to improve with a course of treatments and regular maintenance sessions.

Possible Temporary Effects

Some clients may experience:

Mild redness

Slight skin warmth

Temporary tenderness in treated muscles

These effects are usually mild and resolve quickly.