

The Face Bar aesthetics

MICRONEEDLING PRE AND POST TREATMENT

To maximise Microneedling recovery time and results, it is important to follow all pre and post-procedure instructions.

PRE TREATMENT GUIDELINES

- Do not use any retinol products or exfoliating creams 24-72 hours (1-3 days) prior to your treatment.
- Avoid sun tanning/tanning creams and spray tans for at least a week before treatment.
- You must NOT have recently had laser surgery or used Accutane. Accutane (Isotretinoin) therapy, is a medication on the market to treat acne. During therapy and up to 6 months after completing Isotretinoin, the skin is highly sensitive and chances of scarring are high; therefore, we recommend any patients to wait at least 6 months after completing therapy before considering any Microneedling treatments.
- Candidates who have had recent chemical peels or other skin procedures such as filler and botox injections, should wait at least two weeks before undergoing Microneedling as the needling will disrupt the Botox and Filler placement.
- Prospective patients should refrain from waxing the skin to be treated for a few days prior to the Micro needling treatment.
- Clients must not have active cold sores. If you are prone to cold sores please let us know so we can avoid the lip area completely.

POST TREATMENT GUIDELINES

- Do not submerge your face under water for 6-8 hours to allow for the micro channels to heal to avoid irritation.
- Wash your face with a gentle, acid-free cleanser and avoid topical products that contain alpha or beta hydroxyl acids and retinol for approximately 72 hours or longer. If irritation occurs after applying the above products, wait a few more days to allow your skin to heal. Under no circumstances should you use a product that abrades the skin within the 72-hour period (no scrubs), nor should you submerge the treated area in chlorinated pool or hot tub for the next 3 to 5 days.
- Avoid sun exposure as much as possible for a minimum of 3 days post treatment. If you must be in the sun, apply SPF 30 or greater, reapply often, wear a wide-brimmed hat, and seek shade when possible. Be careful of sun exposure and wear sunscreen daily. It takes the skin 12 weeks to heal so wear sunscreen during this period. Apply SPF from the following day.
- Avoid excessive heat 3 days post treatment, i.e. heavy workouts, steam rooms or saunas, etc.
- Avoid chlorine for 72 hours.
- Avoid facial waxing for 7 days.
- Avoid dermal fillers and botox for 2 to 3 weeks.
- Do not pick, scratch or aggressively rub the treated area.
- No scrubs, polishers or aggressive brushes should be used for 7 days.
- Apply hydrating serums such as Hyaluronic Acid and hydrating creams for 72 hours as absorption levels will be elevated. Avoid scrubs, retinols, Vitamin C, Salicylic Acid etc for the first 3 days. You can resume your normal skincare routine after day 3.
- You may experience slight peeling for the first few days. Slight windburn sensation and/or blotchiness are normal for the first few days. Skincare products may tingle or slightly burn for the first 3 days.
- Makeup should try to be avoided for 24-72 hours.
- Clean your glasses, mobile phone, clean pillowcase etc to avoid spreading bacteria onto your skin.

NOTES:

