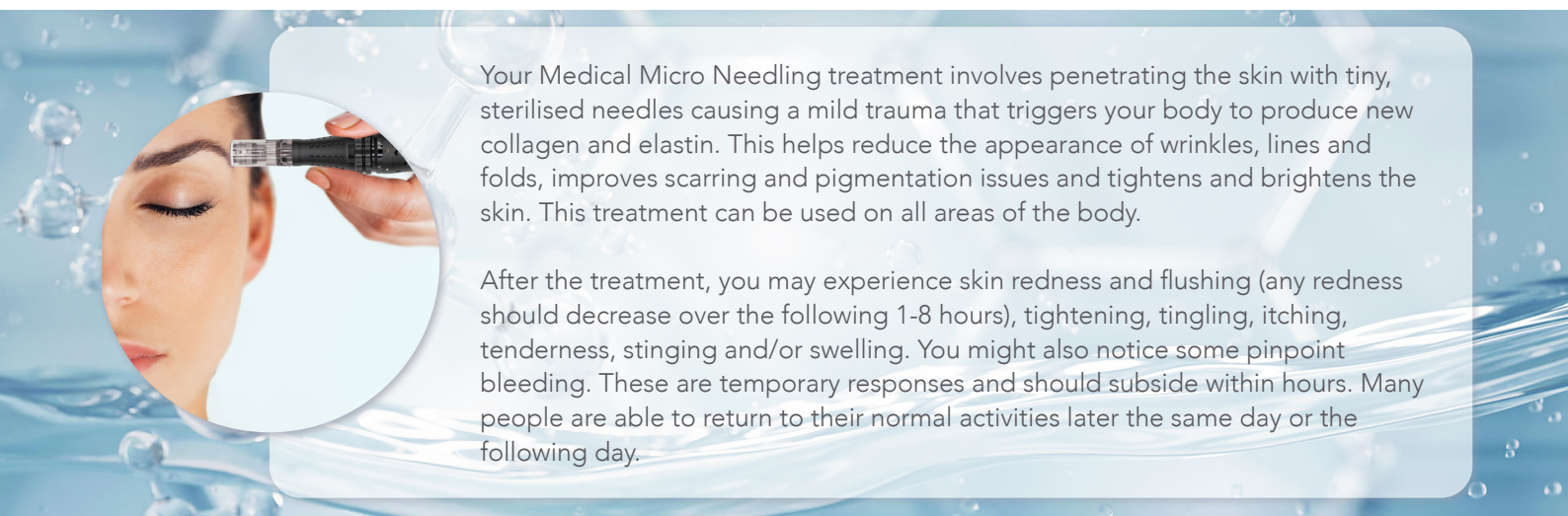


AFTERCARE MEDICAL MICRONEEDLING



Your Medical Micro Needling treatment involves penetrating the skin with tiny, sterilised needles causing a mild trauma that triggers your body to produce new collagen and elastin. This helps reduce the appearance of wrinkles, lines and folds, improves scarring and pigmentation issues and tightens and brightens the skin. This treatment can be used on all areas of the body.

After the treatment, you may experience skin redness and flushing (any redness should decrease over the following 1-8 hours), tightening, tingling, itching, tenderness, stinging and/or swelling. You might also notice some pinpoint bleeding. These are temporary responses and should subside within hours. Many people are able to return to their normal activities later the same day or the following day.

Individuals may react differently and could experience these effects for longer. However, these symptoms are temporary and usually resolve as the skin returns to normal and should subside within 3-4 days as the skin returns to normal.

There is a small risk of further side effects which may include the skin to turn very red, blister, swell, peel and later scab and crust and the procedure may also cause bruising. This is unlikely due to the sterility of the micro needling device and the minimally invasive nature of the treatment. Bruising is most likely to occur around the eye area. If you are taking any medication or dietary supplements that affect the platelet function and bleeding time, the severity and period of bruising can be extended and you might also notice the presence of petechiae which are small red or purple spots beneath the skin.

HOW SOON WILL I SEE THE RESULTS AND HOW LONG WILL THEY LAST?

The results of Medical Micro Needling typically last 4-6 weeks, depending on the length of your natural cellular turnover cycle and how newly produced collagen can last in the skin.

POST TREATMENT CARE TIMELINE

THE NEXT FEW HOURS	TODAY	TOMORROW	THE NEXT WEEK	THE NEXT 2 WEEKS
✗ Refrain from touching the skin with your hands until the pores have had a chance to close. Do not pick or pull the skin.				
✗ The use of soap should be restricted until the skin normalises and any redness subsides . Cleanse the skin with a gentle cleanser and warm/tepid water. Do not scrub and gently pat dry.				
✓ Use of an intensive moisturiser is advised for at least a week as skin may feel drier or tighter after treatment.				
✓ Makeup may be applied once the skin has settled but ensure all brushes and sponges have been cleaned.				
✗ Avoid the use of benzoyl peroxide or glycolic acid facial skin products during the healing process .				
✗ Do not use any facial products containing fragrance, exfoliants, peeling agents, retinoids, retinols and Vitamin A for 3-5 days after treatment.				
✗ Avoid electrolysis, depilatory creams, waxing and laser hair removal on the area treated for a minimum of 72 hours after your appointment.				
✗ Avoid exposure to extreme heat (e.g. sauna, steam, very hot showers and sunbeds for 2 weeks .				
✗ Avoid intensive exposure to sun, sun beds or extreme weather conditions for 2 weeks .				
✓ Use a daily sunscreen protection cream with a minimum of 30SPF for at least 2 weeks after your treatment.				
✗ Avoid heavily chlorinated water (swimming pools or cleaning products) for the next 2 weeks .				



WHEN TO SEEK URGENT REVIEW

Ulceration or Infection is the only possible side effect that would benefit from an urgent review by your clinician and due to the sterility of the procedure and the minimally invasive nature of the procedure they are extremely uncommon. If you have any concerns, please contact me immediately.

Skin Discolouration (Hyperpigmentation) can occur after the treatment, but this is a very small risk and is not normally expected due to the superficial nature of the treatment. The chances of this occurring may increase if you do not follow the DOs and DON'Ts advice above.

If you have any questions or need any advice, then please do get in touch.