

PRE & POST-CARE ADVICE

MICRONEEDLING & PRP THERAPY

PLEASE FOLLOW YOUR PRE & POST ADVICE FULLY, FOR YOUR HEALTH AND WELLBEING. AS WELL AS THE EFFECTIVENESS AND LONGEVITY OF YOUR RESULTS

- Avoid over exfoliating the face and neck for 1 week **prior** to your appointment.
- Avoid anti-ageing products for at least a week **prior** to your appointment including retinol (Vitamin A) and glycolic products.

Expect redness, puncture marks, slight swelling to the skin immediately after treatment and for around 48 hours and possibly longer.

Wash your face with tepid water in the evening after your treatment

- Avoid touching, or applying makeup to the treatment area for 24 hours after treatment.
- Avoid swimming, saunas and steam rooms for the first 48 hours.
- Avoid strenuous exercise and the gym for 3 days after your treatment.
- Avoid (fake) tanning for 3-5 days post treatment.
- Avoid using sunbeds for 5-7 days before and after your treatment.
- Avoid using any products containing alcohol, petroleum or acid for 14 days after treatment
- Avoid sun exposure, facials and microdermabrasion for 4 weeks after your treatment.
- Avoid laser hair removal or accent treatments, as well as skin peels, sunbeds and fake tan for 2 weeks after your treatment

Some redness, tightness and swelling after your treatment is normal. This can feel similar to moderate sunburn and can last for 3-10 days.

You should regularly apply an SPF 30+ to your skin every day after your treatment, ensuring the SPF you use is designed to be used after cosmetic procedures.

IF YOU NEED FURTHER HELP, OR HAVE ANY QUESTIONS REGARDING YOUR TREATMENT PLEASE GET IN TOUCH