

PRE/POST TREATMENT INSTRUCTIONS

SkinPen Microneedling

Important **PRE-TREATMENT** Information:

Who may not be suitable for treatment:

- *If you have multiple raised moles in the desired treatment area
- *If you have Actinic Solar Keratosis – Although we can treat around these, we may refer you to a GP or Dermatologist before we can commence treatment
- *If you have an active Herpes Simplex outbreak in the treatment area. We can prescribe you Prophylactic anti-viral medication prior to the treatment if needed. Please contact us if you suffer from regular outbreaks (more than twice a year)
- *If you have an auto-immune condition
- *If you have uncontrolled Diabetes as this will affect your wound healing ability
- *If you are on anti-coagulants (blood thinning medication) – Please let us know prior to your appointment for us to assess if the treatment is suitable
- *If you suffer from Psoriasis or Eczema and are currently experiencing a flare up which covers all or some of the desired treatment area
- *If you suffer from any skin condition and are currently experiencing a flare up which covers all or some of the desired treatment area – Suitability for treatment will need to be assessed
- *If you have sunburn or windburn at the time of your appointment
- *If you have an open wound in the treatment area
- *If you are currently on Isotretinoin (Roaccutane) or your course finished less than 3 months ago

Please contact us immediately on 02380 556600 if you are booked in for this treatment and any of the above apply to you.

Do's & Don'ts Before Your Appointment:

- Please avoid aspirin (unless prescribed by your doctor) and Ibuprofen for 48 hours before your appointment
- Avoid UV/Sun exposure for a minimum of 24 hrs before your appointment
- Please do not shave on the intended treatment area on the day of treatment
- Please stop all active ingredients (AHAs, BHAs, Retinol/Tretinoin, Vitamin C etc..) 72 hours before your appointment
- Please ensure you have had no laser treatments on the desired treatment area for 4 weeks before your appointment
- Do not have electrolysis or wax the intended treatment area within 7 days prior to your appointment
- Please ensure you come to your appointment with NO MAKE UP on
- Do notify your practitioner of any tattoos/Semi-permanent make up in the treatment area as these must be avoided
- Do notify us at least 10 days before your appointment if you get cold sores more than 2-3 times a year (if you are having your face treated) as we will have a discussion with you and may offer to prescribe prophylaxis medication for you to take before your appointment.

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Important **POST-TREATMENT** Information.

- Do not apply make-up or any other product (unless otherwise specified) for 24 hours post treatment
- Please be aware that pigment may darken prior to lightening
- Ensure you have no UV/Sun exposure for a minimum of 48hrs after your appointment
- Your skin will be pink/red after your treatment and you may be a little puffy also. Tenderness is also normal. This should all resolve over the next 48 hours
- Your skin will likely feel tight, dry and may flake for a few days following your treatment. Please leave all peeling skin alone to fall off naturally and do not pick or peel
- Use the remaining HG lift that your practitioner has given you and the day after your treatment use the rescue product to calm and soothe unless otherwise specified
- Do not touch the skin unnecessarily immediately post-treatment to avoid infection
- You may re-start your active ingredients 48 hours after your treatment ONLY if all redness, peeling and skin sensitivity has completely settled
- Do not go swimming or go in chlorinated water for 5 days post-treatment
- Avoid extreme temperatures (saunas, steam rooms, sunbeds, UV rays, freezing temperatures) and intense exercise for 24-48 hours post treatment
- Do not shave over the treated area for 24 hours after your treatment
- Ensure you wear SPF 30 or above daily for best results.

If you are at all worried after your treatment, please contact us on our 24/7 emergency helpline: 07979108508.