



## MICRONEEDLING AFTERCARE

- Do not use and vitamin scrubs or any skin care that is perceived as being 'active' for 1 week post treatment. This would refer to any creams or serums which include, AHA's, BHA'S, Vitamin C, Niacinamide, Retinol or Hyaluronic Acid.
- Avoid powered/electronic cleansing brushes for 1 week post treatment.
- Wait at least 48 hours before applying any basic moisturisers.
- No direct sunlight for 72 hours post treatment, a sun screen is recommended as part of your daily skin care regime.
- No sun beds, we would recommend covering your face if you do use a tanning bed.
- No swimming for 72 hours post treatment.
- No exercise or excessive sweating for 72 hours post treatment.
- Drink Lots of water
- Avoid make up for 48 hours

The most common side effects after having the treatment are:

- Skin irritation
- Redness which can last for a few days
- Heat sensation
- Slight stinging
- These are all normal considering the treatment. More severe side effects can include
- Bruising
- Peeling
- Infection

If you have any worries or are unsure about your healing process, please do not hesitate to get in touch 07393747887.