

Microneedling Homecare Advice

Before Treatment:

- Avoid sun exposure and using sun-beds for 4 weeks prior to treatment.
- Apply sunscreen with SPF 30+ to the treatment area during any sun exposure and outdoor activities for 4 weeks prior to treatment.
- Avoid the application of all false-tanning products on the treatment area for 2 weeks prior to treatment.
- Avoid exfoliation of the skin for 2 days prior to treatment.
- Do not wear any heavy/long-wear make-up to the clinic on the day of your treatment.
- Inform your Aesthetician of any changes in your personal details, and/or medical circumstances since your last clinic visit before your next appointment e.g. any newly diagnosed conditions or new medication (including Anti-inflammatories and pain killers)

After Treatment:

- Avoid all heat treatments including steam rooms, saunas, hot baths, hot showers and excessive exercise until the irritation has subsided (for up to 2 days following treatment).
- Do not use your 'usual' skincare products until the redness and irritation settles.
- If necessary, you may apply a petroleum-jelly type product until the redness settles.
- If necessary, apply pure mineral makeup only as recommended by your therapist until the redness settles.
- Use a very mild cleanser once the redness settles.
- Avoid all forms of exfoliation for 2 weeks following treatment.
- Wear sunscreen containing SPF 30+ during the healing process and for a period of 3 months after treatment to protect the new skin which will be stimulated through the action of the treatment.
- CLEAN – Use a gentle cleanse and tepid water to cleanse the face for the following 72 hours and gently dry the treated skin with a dabbing motion, do not rub the

treated area. Always make sure that your hands are clean when touching the treated area.

- HEAL – Serum antioxidants are recommended post-treatment as the properties are ideal to help heal the skin. These products can help soothe the skin and lessen irritation.
- HYDRATE – Following your nanopore treatment your skin may feel drier than normal. Hyaluronic Acid is an ideal ingredient to hydrate and restore the skin back to perfect balance.
- MAKEUP – It is recommended that makeup should not be applied for 24 hours after the procedure. Do not apply any makeup with a makeup brush, especially if it is not clean.
- PROTECT – Immediately after the procedure, apply a [broad spectrum UVA/UVB sunscreen](#) with an SPF 30 or greater. A chemical-free sunscreen is highly recommended

WHAT TO AVOID:

- To ensure the proper healing environment, be certain to observe the following:
- For at least 3 days post treatment, do NOT use any Alpha Hydroxy Acids, Beta Hydroxy Acid, Retinol (Vitamin A), Vitamin C (in a low pH formula) or anything perceived as ‘active’ skincare.
- Avoid intentional and direct sunlight for 24 hours. No tanning beds or sun exposure for 2 weeks
- Do not go swimming for at least 24 hours post-treatment.
- No exercising or strenuous activity for the first 24 hours post-treatment. Sweating and gym environments are harmful, rife with bacteria, and may cause adverse reactions.

PLEASE NOTE:

In certain cases post treatment reactions may persist for a longer period. If this occurs, continue with clinic aftercare and contact the clinic for further instructions.

**If you have any questions or are concerned about any after-effects of your treatment,
Please do not hesitate to contact us.**

Clinic Policies

[?](#) **Cancellation/Non-Attendance Fee Policy** [?](#)

We would greatly appreciate if clients advise us of any appointment time

changes/cancellations at least **24 hours** in advance. Failure to attend a scheduled appointment without notifying us at least 24 hours in advance will incur a fee or loss of treatment from a pre paid course

However, if you cancel your appointment with 24 hours notice, there will be no charge.

📄 **Children Policy** 📄

Due to government legislation and in the interest of Health and Safety, we are unable to facilitate children on our premises.

📄 **Refusal of Treatment Policy** 📄

There are certain occasions when treatment may be refused, such as when our advice and guidance has been ignored or if it is felt that treatment would not benefit the client at that time. If the therapist is aware of, or suspects anything has changed in the client's medical circumstances, or that our homecare instructions have not been followed, treatment will be postponed.

We will not offer treatment if the therapist feels uneasy about performing treatment, such as, if a client attempts to coerce a therapist into providing treatment against their better judgment.