



**INSTRUCTION SHEET FOR PATIENTS
SKIN NEEDLING
POST PROCEDURE CARE ALL TREATMENTS – INSTRUCTIONS AND INFORMATION**

A SLIGHT SWELLING AND REDNESS MAY BE VISIBLE AFTER YOUR PROCEDURE, IF VERY SENSITIVE YOU MAY APPLY AN ICE PACK FOR A FEW MINUTES. THERE IS NO AFTER PAIN, ONLY TENDERNESS.

- YOU WILL FEEL SUNBURNT/ WINDBURNT FOR THE NEXT 24-48 HOURS.
- TREAT YOUR SKIN LIKE AN OPEN WOUND FOR THE NEXT 24 HOURS- NO TOUCHING WITH YOUR FINGERS as this may cause infection.
- The skin can feel tight/slightly uncomfortable this may last 24-48 hours.
- Dryness, flaking, redness and possible bruising can occur on the days following the treatment.
- Slight swelling around the eye area is also common- do not be alarmed.
- Some people experience a mild break out due to the skin's metabolism being stimulated. Please do not touch/squeeze these as they will result in scarring.
- Smoking reduces the capacity of the body to produce collagen and stimulate new growth factors, therefore it also reduces the skin's natural ability to heal. Bruising can occur and results are limited.
- ALWAYS wear an SPF 30+
- Avoid Make up for 12 hours- only MINERAL make up allowed for 48-72 hours post treatment.

AFTER CARE

- Avoid active products on your skin for 5-7 days (Retinol, AHAs)
- Only use products provided for the next 5 days to ensure optimum healing and regeneration- these products are formulated specifically for this kind of clinical treatment and formulated to deliver results whilst providing the optimum environment for your skin to heal in.
- DAY 1-5 AM & PM:
 - 1- CREAM CLEANSER
 - 2- MULTI VIT SERUM LOTION
 - 3- COLLAGEN RENEWAL MOISTURISER (optional for normal/ dry skin types)
 - 4- SUNSCREEN (AM only)
- DAY 5-7 ONWARDS continue as above if using SKIN 02 or resume own skincare regime.