

# HAUT.

## Microneedling

### Pre Treatment

To ensure you receive the most optimal results following your procedure; you will have been informed about your own individual skincare 'Protocol'. Sometimes, a number of in-clinic treatments prior to your procedure are required to ensure your skin is safely prepared, and at less risk of complications. You may also have been advised in regard to a pre-treatment home-care regime. Again, this is to ensure your skin is safely prepared, and at a reduced risk of complications. By following this advice; you can typically expect better and longer lasting results.

As well as this, there are other things you can do to ensure you get the most from your professional Micro-needling treatment...

Tanning beds must not be used at least four weeks prior to a Micro-needling procedure. It is worth noting that this practice should be discontinued altogether due to the increased risk of skin cancer, as well as accelerated visible aging.

Extended sun exposure should be avoided, at least ten days prior to your procedure.

Ensure you do not undergo any IPL/Laser, Waxing, Electrolysis or Shaving in your treated area at least 5-7 days prior to your procedure.

If you take medications such as: Retin-A®, Renova®, Differin®, Tazorac®, Avage®, EpiDuo®, Ziana®, Roaccutane®, High-percentage AHA products or High-percentage BHA products – it is important that you let your treating Nurse know, and this is discussed prior to any treatment.

For around 72 hours prior to your treatment, try to avoid any medication or substances that will thin your blood and thus increase your risk of bleeding/bruising. For example; aspirin, anti-inflammatory medication (Ibuprofen, Naproxen) and the big one - alcohol! For the same reason, it is worth avoiding some supplementary medication such as St. John's Wart, Vitamin E and Fish oil/Omega-3s.

Do not use any topical products that may increase sensitivity of the skin at least 72 hours prior to your procedure. These may include retinoids, topical antibiotics, exfoliants or acids.

### Post Treatment

Following your treatment; it is common to experience localised redness in the treated area. This is due to the small holes that have been created as a result of the Micro-needling. This tends to fade from redness to pink within a couple of hours following your procedure. It is quite common to feel as though you have sunburnt your face; and so it may feel tighter and warmer than usual. This is normal and can occasionally last up to 48 hours post procedure. You can always give your treating Nurse a call if you have any worries or concerns.

As it is typical to look slightly red or feel tight/dry for a few days following your procedure; you can apply moisture using specific post-procedure products (which you will be advised on) as often as you feel necessary. It can also be soothing to use a cool compress following your procedure, should you experience excessive discomfort for any reason. Again, you can always give your treating Nurse a call if you have any worries or concerns.

You may have some small micro-bruises following your procedure. These tend to be small, and easy to cover after 72 make up free hours.

We recommend that you keep make-up free for at least 72 hours post-procedure; to allow your skin to heal and stabilise. This goes a long way towards reducing any risk of infection, as your skin channels are open and therefore susceptible. Make up can penetrate these channels and cause infection. We recommend using Mineral Make-up for the initial days following your procedure.

We recommend that you do not apply non-recommended - or other over-the-counter products - to the skin for around 7 days post procedure; as they may irritate the skin. However, this can be (or may have already been) discussed prior to treatment.

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You will be advised on specific skincare products following your micro-needling procedure; such as collagen-stimulating peptides and an antioxidant serum. You must also ensure your SPF is chemical-free. This will be discussed with you at your appointment, and you will be advised on various products, to optimise your result.

You must avoid direct sun exposure or excessive heat (eg sauna/ steam/ hot bath) for at least 72 hours post-procedure. Internal or thermal heat - which causes you to sweat - can reopen your pores and lead to an infection. For the same reason, you must avoid swimming for 72 hours post-procedure.

Tanning beds **must not** be used at least four weeks following a Micro-needling procedure. It is worth noting that this practice should be discontinued altogether due to the increased risk of skin cancer, as well as accelerated visible aging.

Loose or flaking skin **must not** be picked or pulled at. This could potentially cause hyper-pigmentation. It is likely that any flaking skin will be minimal.

Electrolysis, facial waxing or depilatories must not be carried out for 7 days post-procedure.

Do not put your face directly into a hot shower spray for around 48 hours following your procedure. Internal or thermal heat - which causes you to sweat - can reopen your pores and lead to an infection.

Do not participate in activities that would cause excessive perspiration for around 48 hours following your procedure. Internal or thermal heat - which causes you to sweat - can reopen your pores and lead to an infection.

Do not use loofahs or other means of mechanical exfoliation for at least 2 weeks following your procedure.

## Side Effects

Although rare, if your skin feels extremely hot or tight, and you are worried about anything at all; it is important to let your treating Nurse know immediately.

The biggest concern following a Micro-needling procedure is the risk of infection; due to open channels in the skin. It is imperative you follow the post-procedure advice, as well as avoid unnecessary touching of your face. If you are confused about anything following your procedure; please do not hesitate to ask. Your treating Nurse will be in contact with you in the days following your procedure to ensure that there are no new concerns.

If you already suffer from cold sores, there is evidence to suggest that an invasive procedure around the mouth area can 'trigger' new cold sores forming. It is a good idea to perhaps take your usual treatment tablets just before and for a few days after the procedure in order to minimise this risk.

## Safety

If you are lactating, pregnant, or possibly pregnant, we do not advise you to undergo Micro-needling. It is therefore so important that you let us know.

Other contraindications to Micro-needling include: anyone taking anti-coagulant medication or suffering from a blood disorder; anyone suffering from active acne; anyone who suffers from keloid scarring; anyone with an active cold-sore; anyone with a skin disease, or open cuts on the skin, which may be exacerbated by Micro-needling. This is not an exhaustive list; and you will complete an in-depth medical history form prior to your procedure to discuss any other health issues which mean you are not a safe candidate for Micro-needling.

An SPF of 30 or above **MUST** be used following your Micro-needling treatment; as your skin will be more sensitive and susceptible while it heals. Sunbathing or direct sun exposure should be avoided for at least 2 weeks following your procedure, for the same reason.