



## POST TREATMENT CARE

Following your skin needling treatment we recommend you adhere to the following recommendations. This will ensure the results of your treatment are optimal and help avoid unwanted side effects .

**For 5-7 days following your treatment:**

- Avoid excessive sun exposure.
- Avoid applying make up for 48 hours. Mineral make up may be applied after 24 hours.
- Avoid excessively hot showers, baths and saunas.
- Do not exfoliate the skin.
- Avoid active skin care, use products without actives and fragrance e.g. Cetaphil, QV creams.
- Do not have any other skin treatments of any kind.
- Do not shave or wax the treated area.
- Do not scratch, pick or pull at the treated skin.

## POSSIBLE MINOR SIDE EFFECTS

- Minor swelling, pin-point bleeding, feeling of light sunburn, redness in the skin which will resolve in a few hours .

*If you are unwell or concerned about any aspect of your treatment, please don't hesitate to contact the clinic so we may advise and support you.*