



Permanent Makeup by Michelle Louise

Micro-needling Before & Aftercare Instructions

IMPORTANT INFORMATION

This document contains important information. Please read it carefully.

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Micro-needling Before & Aftercare Instructions

After the micro-needling procedure, the skin may experience: Redness & flushing (any redness should decrease over a 24 hour period), swelling & pain, tenderness, stinging, itching, some pinpoint bleeding and tightness.

These sensations will usually typically resolve within hours and many people are able to return to their normal activities the same or next day. Some people may react differently and may experience these reactions for longer. However, they gradually subside over the next 3-4 days as the skin returns to normal.

There is a small risk of side effects causing the skin to turn very red, blister, swell, peel and later scab and crust. In severe cases infection and ulceration may result, although this is not expected to occur due to the sterility of the dermaroller/microneedle medical device and the minimally invasive nature of the micro-medical needles.

Micro-needling therapy procedure may cause areas of bruising although this would not normally be expected to occur, the eye contour being the area at most risk. Any such bruising will be temporary. If you are taking any medication or dietary supplements that can affect platelet function and bleeding time, the severity and period of bruising can be extended, also the presence of petechiae (small red or purple spots beneath the skin) may be observed.

There is a small risk that hyper-pigmentation of the skin can occur after the procedure, although this is not normally expected as the epidermis of the skin is not removed as a result of the procedure. Failure to follow the advice detailed below can increase this risk.

Micro-needling Before Instructions

Micro-needling is designed to improve the texture and appearance of your skin.

Patients who should NOT be treated are:

- Individuals with active cold sores or warts
- Individuals with open wounds, sunburn, excessively sensitive skin, dermatitis or inflammatory rosacea in the area to be treated.
- Individuals with a history of allergies, rashes or other skin reactions, or may be sensitive to infection.
- Individuals who have taken Accutane within the past year, or have received chemotherapy or radiation therapy.
- Women who are pregnant or breast feeding (lactating).
- Please inform the technician if you have any history of herpes simplex.

Preparation One Week Before

Avoid these products and/or procedures prior to your Micro-needling treatment:

- Electrolysis
- Waxing
- Depilatory creams
- IPL/Laser/LHE
- Please inform the technician if you are having any other procedure over the treatment area. This may affect your suitability for treatment.

Preparation Two to Three Days Before

Stop using:

- Retin-A, Renova, Differin (Adapalene 0.1%), Tazorac
- Any products containing Retinol, AHA or BHAs or benzyl peroxide
- Any exfoliating products that may be drying or irritating

Micro-needling Aftercare Instructions

It is advisable to:

- A layer of serum has been applied to your skin. Leave this serum for a few hours post-procedure to maximise the absorption of the ingredients.
- Refrain from touching the skin with your hands until the pores have had chance to close.
- Makeup can be applied once the skin has settled.
- Do not pick or pull the skin when healing as this may cause uneven results.
- It is recommended that the use of soaps, other than those recommended by your practitioner, on the treated skin area is restricted until the skin normalises and where possible warm / tepid water and / or gentle skin cleansers are used for cleansing. Do not scrub. Pat to dry only.
- Avoid, electrolysis, depilatory creams, waxing, and laser hair removal for a minimum of 72 hours after treatment.
- Avoid facial products containing fragrance for 3-5 days after treatment as these may irritate the skin.
- Refrain from intensive sun light, saunas, sunbed, and steam bath for at least 1 week.
- Use adequate sunscreen protection with a minimum of 30 SPF for at least a week after treatment.
- Use of intensive moisturiser is advised for at least a week as your skin may feel drier or tighter after your treatment – this is quite normal.

Recommended skincare in between skin needling sessions:

Daily application of high potency skincare is highly recommended following the procedure for the acceleration of regenerative processes and consolidation of procedure results. Follow the directions of your Practitioner.

Although the micro-needling treatment is effective in most cases, it is recommended to have several treatments as suggested by your qualified practitioner.

After the skin has healed:

AHA and BHA peels can be used to soften and superficially resurface the epidermis but only after the skin has totally recovered from the skin needling procedure.

Although most people experience improvement of their skin, not every patient notices that their skin improves after this procedure. Lack of visible improvement is not an indication that the Micro-needling treatment was unsuccessful. If you do not notice visible improvement, please note that you are still receiving all the benefits of the Micro-needling treatment, such as stimulation of collagen production, improvement of skin tone and texture, diminishment of fine lines and wrinkles and increased nutrient uptake of the skin post procedure.

DO NOT HESITATE TO CONTACT US IF YOU HAVE ANY CONCERNS FOLLOWING YOUR PROCEDURE – WE ARE HERE TO MAKE YOU FEEL COMFORTABLE