



MICRO-NEEDLING PRE AND POSTCARE ADVICE + CONTRAINDICATIONS

PRECARE ADVICE:

- **ONE WEEK PRIOR:** apply anti-viral cream if prone to cold sores
- **3 DAYS BEFORE:**
 - i) Stop using 'active skincare' (i.e. AHA, BHA, Retinol (Vitamin A))
 - ii) Avoid direct sun exposure
 - iii) Excessive facial hair, beards and moustaches need to be clean shaven prior to treatment
 - iv) Avoid use of aftershaves and perfumes on treatment area

ENSURE YOU TAKE THE FOLLOWING PRECAUTIONS FOR 48-72 HOURS AFTER TREATMENT:

- Avoid direct sunlight for 24 hours, and no sunbeds during any courses
- Do not apply spray tan or self-tan for 2-3 weeks post treatment
- Use sunscreen
- Keep skin dry for 24 hours and avoid scratching
- Avoid active skincare (e.g. retinols) for 3-5 days after treatment
- No swimming for 24 hours
- No exercise or strenuous activity that will cause sweating
- Avoid heat or steam (i.e. cooking/hot shower)
- Do not allow pets to lick the skin
- Do not pick flaky skin
- Drink plenty of water

Additional Advice

- Use a clean pillowcase
- Use hydrating and anti-inflammatory skincare

- Avoid touching skin directly after treatment
- Avoid non-mineral makeup for 24 hours
- Avoid hot tubs, saunas and steam rooms for 48 hours
- Consider the environment - hot, humid conditions can contribute to excess inflammation and infection
- Avoid shaving area for 24-48 hours

VERY IMPORTANT:

- Use a sunscreen 365 days of the year - sunlight contains Ultraviolet (UV) rays, which are the main cause of skin ageing and can cause skin cancer
- Immediately after treatment, we recommend a physical sunscreen, as opposed to chemical, that protects the skin from UVA and UVB rays *and* environmental aggressors (we have a selection available in-clinic for purchase)

POST TREATMENT INFORMATION

Expected side effects:

- Redness
- Bruising
- Swelling and dryness

Up to 24 hours: you will possibly experience erythema and mild swelling

2-3 days: reduced erythema and minor skin dryness and flaking

3-4 days: potential dryness

4-5 days: full recovery

4-6 weeks: improvement in collagen health visible

Contraindications:

Micro-needling is a very safe treatment, but it is not recommended if you are experiencing any of the following conditions or concerns, on or around the procedural area.

Absolute (Do not proceed):

- If you are feeling unwell in any way
- Any active infection near the site
- Skin cancer
- Any active psoriasis, Herpes simplex, open lesions or bacterial/fungal infections
- Metal implants or pacemakers – 3D DERMAFORCE ONLY when radiofrequency is used
- History of abnormal scarring (such as keloid)
- A poorly controlled medical condition
- Bleeding disorders or autoimmune disease
- Are taking steroids
- Are taking medicines that affect bleeding, such as warfarin
- Recent sunburn or tanning on treatment area

Relative (if applicable, consult with your therapist):

- **Raised Moles, Warts, or Lesions:** These may require careful assessment
- **Allergic reactions** to local anaesthetic (let clinic know to avoid use)
- **Actinic Keratosis:** A precancerous skin condition
- **Diabetes:** May require medical clearance

- **History of Cancer:** May require clearance from a doctor, especially for certain types
- **Recent Cosmetic Procedures:** Dermal fillers, Botox, or facial surgery may require specific waiting periods
- **Certain Medications:** Corticosteroids, oral isotretinoin, and photosensitizing medications may require adjustments or precautions
- **Active Vitiligo:** Treatment may or may not be applicable
- **Pregnant or Breastfeeding:** Radiofrequency and anaesthetic cream are not appropriate
- **Heart Conditions/Cardiovascular Issues:** Please consult with your doctor due to potential complications from radiofrequency in the 3D Dermaforce treatment

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