

DERMAPEN (Micro-needling)

Pre & Post Treatment Instructions

The following is a guideline, if you have any queries, please contact us.

Before Treatment:

Prior to the Dermapen Micro Needling treatment, please observe the following:

- No Retin-A products or applications 12 hours prior to your treatment.
- No auto-immune therapies or products 12 hours prior to your treatment.
- No prolonged sun exposure to the face 24 hours prior to your treatment. A Dermapen treatment will not be administered on sunburned skin.
- On the day of the treatment, please keep your face clean and do not apply makeup.
- If an active or extreme breakout occurs before treatment, please consult your practitioner.

What Can Be Expected:

After your Dermapen Micro Needling treatment, please be aware and observe the following:

- Immediately after your treatment, you will look as though you have a moderate to severe sunburn and your skin may feel warm and tighter than usual. This is normal and will subside after 1 to 2 hours and will normally diminish within the same day or 24 hours. You may see slight redness after 24 hours but only in minimal areas or spots.
- Your practitioner will discuss post-procedure skincare following the treatment to help soothe, calm, and protect the skin. Continue to treat the skin gently for 3 days. Normal skincare can be resumed again after Day 3-5 days.

After Treatment:

Be certain to adhere to the following post-treatment instructions:

- **CLEAN** – Use a gentle cleanse and tepid water to cleanse the face for the following 72 hours and gently dry the treated skin. Always make sure that your hands are clean when touching the treated area.
- **HEAL** – Serum antioxidants are recommended post-treatment as the properties are ideal to help heal the skin. These products can help soothe the skin and lessen irritation.
- **HYDRATE** - Following your Dermapen treatment, your skin may feel drier than normal and should be kept hydrated.
- **MAKEUP** – It is recommended that makeup should not be applied for 24 - 48 hours after the procedure. After 2 days pure mineral makeup can be used. Do not apply any makeup with a makeup brush, especially if it is not clean.
- **PROTECT** – Immediately after the procedure, apply a broad spectrum UVA/UVB sunscreen with an SPF 25 or greater. A chemical-free sunscreen is highly recommended.

What to Avoid:

To ensure the proper healing environment, be certain to observe the following during the first **3-5 days post-treatment**:

- Do NOT use any Alpha Hydroxy Acids, Beta Hydroxy Acid, Retinol (Vitamin A), Vitamin C (in a low pH formula) or anything perceived as 'active' skincare.
- Avoid intentional and direct sunlight. No tanning beds.
- Do not go swimming in chlorinated pools.
- Do NOT have any other procedure, spray or self-tanning or shave the treated area.
- No exercising or strenuous activity. Sweating and gym environments are harmful, rife with bacteria, and may cause adverse reactions.

Nurse Support Line to be used during out of office hours in case of Emergency: 0528 928 353