

## Microneedling & Mesotherapy Aftercare Sheet

### What to expect:

- Common post-treatment symptoms include redness, swelling, & tightness which subside over the few days following treatment
- Your skin may flake, shed and/or peel, it is important that you do not pick this off. Keep skin moisturised - it is ideal to apply less moisturiser more often rather than a lot of moisturiser only once or twice a day.

### Post-care Instructions

- Do not wash your face on day of treatment, you can apply a gentle moisturiser if needed
- You can apply cold compress to the face for 20 minutes on and 20 minutes off if needed - do not put ice or ice packs directly on the skin, please cover with a cloth
- Avoid touching the face for 24 hours
- Do not pick or peel off any flaking skin and please avoid scratching - be gentle!
- Drink plenty of water
- Mineral makeup can be worn the following day after treatment
- Gentle cleanser, gentle moisturiser & SPF can be used from the day following treatment for 7-14 days
- No use of exfoliants, AHA or BHA and Retinol or Retin-A (Vitamin A) containing products (these are commonly exfoliating cleansers, toners, scrubs, serums, or masks) for 7-14 days post treatment.
- No excessive exercise/sweating for 24 hours
- No swimming for 24 hours
- No hot tubs, saunas, steam rooms or excessively hot showers for 24 hours
- Avoid hot water directly on the face for 24 hours
- Avoid sun exposure for minimum of 2 weeks - this is very important in order to avoid post-inflammatory pigmentation. If you need to be out in the sun please ensure you are protected with SPF 50+ and a hat.
- If you are a smoker it is recommended that you stop/avoid smoking while the skin is healing.
- Do not apply fake tanning products to the skin for 2-3 weeks post treatment