

Microneedling causes a micro injury to the skin, This sounds scary but this will actually tells your body cells to attack the area and help your skin to renew and repair itself.

Following your aftercare is vital to achieve the best results.

If during the healing process you have any questions or concerns do not hesitate to contact me.

NORMAL SYMPTOMS YOU MAY EXPERIENCE FOR THE FIRST WEEK.

- Redness & tenderness; Your skin will be left looking and feeling pink - similar to sunburn.
- You may have some areas of "pinpoint bleeding"

YOU MUST OBSERVE THE FOLLOWING AFTERCARE:

- **Do not** apply any makeup for 48hours.
- **Do not** expose the area to the sun for at least 48 hours. After this, use a SPF in your skincare routine, even on cloudy and overcast days to prevent pigmentation. SPF 30 minimum, spf 50 is ideal.
- Avoid excessive heat for 48hrs, inc sauna, steam, heavy workout's
- Do not use exfoliants on the area for 7 days after.
- Avoid sun beds and strong direct sunlight for at least 7 days after your treatment.
- Avoid chlorine for 48 hrs.
- No perfumed body lotions or skin care for 48hrs
- **Do not** recieve any skin, face or body treatments in the area for 2 weeks.
- **Do not** perform any hair removal treatments to the area for 7 days.

This treatment can be done no earlier than 30 days. For optimun results, a course of treatment is recommended.