



AFTERCARE ADVICE MICRONEEDLING

FOR YOUR HEALTH AND WELLBEING, AS WELL AS THE LONGEVITY AND EFFECTIVENESS OF YOUR TREATMENT, PLEASE FOLLOW THE PRE-TREATMENT CARE ADVICE FULLY,

Avoid over exfoliating the face and neck for 1 week prior to your appointment.

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Avoid anti-ageing products for at least a week prior to your appointment including retinol (Vitamin A) and glycolic products.

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Avoid using sunbeds for 5-7 days before and after your treatment.

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Wash your face with tepid water in the evening after your treatment.

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Avoid (fake) tanning for 3-5 days post treatment.

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Expect redness, puncture marks, slight swelling to the skin immediately after treatment and for around 48 hours and possibly longer.

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Avoid strenuous exercise and the gym for 3 days after your treatment.

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Avoid swimming, saunas and steam rooms for the next 48 hours.

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Avoid using any products containing alcohol, petroleum or acid for 14 days after your treatment.

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Avoid touching, or applying makeup to the treatment area for 24 hours after your treatment.

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Avoid sun exposure, facials and microdermabrasion for 4 weeks after your treatment.

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Avoid laser hair removal or accent treatments, as well as skin peels, sunbeds and fake tan for 2 weeks after your treatment.

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Some redness, tightness and swelling after your treatment is normal. It can be similar to moderate sunburn. This can last for 3-10 days.

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You should regularly apply an SPF 30+ to your skin everyday. After your treatment, ensure the SPF you use is designed to be used after cosmetic procedures.

MAE COSMETICS CLINIC

IF YOU HAVE ANY QUESTIONS REGARDING YOUR TREATMENT OR NEED FURTHER ADVICE, PLEASE GET IN TOUCH.

www.maecosmetics.com 01603 393796 admin@maecosmetics.com