**Skin Treatment Aftercare**

**Microdermabrasion Aftercare:**

Do not book laser or hair removal treatments on any part of your face for 1 week after treatment.

Do not wax for at least 2 weeks.

Avoid direct sun exposure for a minimum of 2 week.

Do not wear make-up for a minimum of 24 hours after.

Any redness, temporary flaking and mild discolouration will disappear after your treatment and can be covered with a light layer of mineral makeup 24 hours after.

**Dermaplaning Aftercare:**

Do not book laser or hair removal treatments on any part of your face for 1 week after treatment.

Do not wax for at least 2 weeks.

Avoid direct sun exposure for a minimum of 2 week.

Do not wear make-up for a minimum of 24 hours after.

Any redness, temporary flaking and mild discolouration will disappear after your treatment and can be covered with a light layer of mineral makeup 24 hours after.

**Chemical Peel Aftercare:**

Hyaluronic acid (AHA) aids healing to hydrate and nourish your skin. Age Defence SPF 50+ will protect your skin to help maintain your results. Do not use other active products such as Retinol and use a gentle cleanser for 5 days.

Do not book laser or hair removal treatments on any part of your face for 4 weeks after treatment.

Do not wax for at least 2 weeks.

Avoid direct sun exposure for a minimum of 2 weeks.

Do not wear make-up for a minimum of 24 hours after.

Any redness, temporary flaking and mild discolouration will disappear after your treatment and can be covered with a light layer of mineral makeup 24 hours after.

DO NOT pick at your skin.

You should be aware of the following reactions:

* Discomfort
* Redness and swelling
* Hypopigmentation
* Itching or irritation
* Skin peeling or flaking up to 14 days after the procedure
* Infection
* Scarring
* Hyper-pigmentation
* Acne Breakouts

**Skin Needling Aftercare:**

Any active cosmeceutical skin care products containing the following active ingredients should be avoided for at least 48 hours after a Skin Needling treatment:

* Glycolic, Lactic & Salicylic Acids
* Vitamin C (Ascorbic/ L-Ascorbic Acid)
* Benzoyl Peroxide
* Vitamin A including Tretinoin, Retinol, Retinyl Palmitate
* Skin Bleaching Agents including Hydroquinone, Kojic Acid, Azelaic Acid
* Alcohol content greater than 6%

You are advised to refrain from the following activities for 48 hours following their Skin Needling treatment to ensure a speedy and effective recovery:

* Excessive sweating
* Sauna, hot spa, bath
* Solarium
* Swimming in a chlorinated pool
* Infra-red-light exposure
* Spray or self-tanning
* Cosmetic tattooing
* Shaving
* Waxing, Electrolysis
* Direct sun exposure

You also need to be aware of:

* Adverse reactions to the numbing cream and the treatment itself
* Mild discomfort during the treatment
* Possible bleeding during the treatment
* Possible bruising or petechia post treatment
* Possible skin grazing over concentrated areas post treatment
* Mild redness which may last up to 3 days

You should also avoid any highly perfumed cosmetics or harsh cleansing agents such as soap or alkaline foaming cleansers. Patients are to use only Hyaluronic Serum on the skin for 12 hours post treatment and Age Defence SPF 50+ sunscreen every day during the recovery period and beyond, commencing the day after treatment.

You must not expose the skin directly to the sun on the day of treatment prior to and post treatment.

You must not apply make-up until the day after treatment and then it should be mineral based, and only used if necessary.

Chemical peels can be performed safely 4 weeks post treatment.

Microdermabrasion can be performed safely after 2 weeks.

Needling treatments must be performed (no exceptions) 6 weeks apart to allow the deeper layers of the skin to fully heal.