

PRE / POST CARE SKIN NEEDLING

RECOMMENDED TREATMENT PLAN

☐ Every 4 weeks

☐ Every 6 weeks



Your next appointment is on:

ADDITIONAL TREATMENT RECOMMENDATIONS

☐ Intensive facial treatment

☐ IPL/Laser skin rejuvenation

☐ Cosmeceutical peel

☐ Hydro/micro-dermabrasion

☐ LED Light therapy

PRE-TREATMENT CARE

- Avoid use of Accutane (isotretinoin) 6 months prior to treatment
- Avoid use of Retin A, AHA's and BHA's for 1 week prior to treatment
- Avoid use of acne creams on the treatment area 4 weeks prior to treatment
- Avoid unprotected sun exposure for 2 weeks prior to treatment
- Avoid sun exposure for 24 hours prior to treatment
- Avoid artificial tanning agents and spray tanning for 2 weeks prior to treatment
- Avoid IPL/ laser treatments (in the treatment area) for 2 weeks prior to treatment
- Avoid waxing, depilatory creams, or electrolysis to the area being treated for at least one week prior to treatment
- Avoid Botox or fillers for 2 weeks prior to treatment
- Avoid cosmeceutical peels and Laser/ IPL skin resurfacing treatments for 2 weeks prior to treatment
- Avoid normal facial treatments (in the treatment area) for 1 week prior to treatment
- Avoid Microdermabrasion treatments (in the treatment area) for 2 weeks prior to treatment
- Ensure that if there has been use of anti- inflammatory medications such as ibuprofen, Motrin, or Aspirin within the 3 days prior to your micro-needling session, that you advise the clinic and therapist so they can assist in rescheduling your appointment to a later date. These medication types will interfere with the natural inflammatory process that is critical for your skin rejuvenation.

POST TREATMENT CARE

- Avoid hot showers for 24 hours
- Avoid excessive exercise / gym for 24 hours
- Avoid activity that raises body temperature for 24 hours
- Avoid heat treatments / saunas / baths for 24 hours
- Avoid the use of Retin A, AHA or BHA on the treatment area 1 week after treatment
- Avoid the use of acne creams on the treatment area 1 week after treatment
- Avoid unprotected sun exposure for 2 weeks after treatment
- Avoid sun exposure for 24 hours after treatment
- Avoid artificial tanning agents and spray tanning for 2 weeks after treatment
- Avoid IPL/ laser treatments (in the treatment area) for 2 weeks after treatment
- Avoid waxing, depilatory creams, or electrolysis to the area being treated for at least one week after treatment
- Avoid Botox or fillers for 2 weeks after treatment
- Avoid cosmeceutical peels and Laser/ IPL skin resurfacing treatments for 2 weeks after treatment
- Avoid normal facial treatments (in the treatment area) for 1 week after treatment

POST TREATMENT CARE CONT.

- Avoid Microdermabrasion treatments (in the treatment area) for 2 weeks after treatment
- Avoid swimming pools/chlorine environments for 3 days after treatment
- Avoid exfoliating treatment area for 7 days after treatment
- Do not pick or rub the skin
- Ensure you apply recommended home care products as instructed from your therapist
- Ensure you apply SPF50+ to the treatment area 24 hours after the treatment
- Ensure you advise my therapist of any medical changes
- Ensure you return for next visit according to my treatment plan for optimum results
- Ensure you contact a doctor and the Australian Academy of Beauty Dermal and Laser immediately should an adverse reaction occur.



For the best treatment outcome please ensure to follow pre and post care as well as having treatment at a scheduled time. Provide your therapist with an accurate and up to date medical history in order to receive safe and effective treatments. Please ensure you contact your therapist and a Doctor immediately should you suspect an adverse reaction has occurred. DO NOT apply any product to skin for 1 week post treatment unless recommended by your therapist.

RECOMMENDED AFTERCARE PRODUCTS

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| <input type="checkbox"/> Age Defence Sunscreen SPF 50+ | <input type="checkbox"/> H Serum (Hyaluronic Acid) |
| <input type="checkbox"/> Aloe Vera Calming Gel | <input type="checkbox"/> Harmony Cleansing Milk |
| <input type="checkbox"/> Vitality Cleanser | <input type="checkbox"/> Harmony Moisture Protective |
| <input type="checkbox"/> Eye and Lip Cleanser | <input type="checkbox"/> Harmony Rose Mask |
| <input type="checkbox"/> Gentle Exfoliant | <input type="checkbox"/> Serenity Cleansing Milk |
| <input type="checkbox"/> Vitality Age Defence Cream | <input type="checkbox"/> Serenity Moisture Protective |
| <input type="checkbox"/> Vitality Eye Cream | <input type="checkbox"/> Serenity Calming Mask |
| <input type="checkbox"/> Age Defence Serum | <input type="checkbox"/> Clarity Cleansing Milk |
| <input type="checkbox"/> Vitality Age Defence Mask | <input type="checkbox"/> Clarity Moisture Protective |
| <input type="checkbox"/> Infinity Skin Renewal (Glycolic Cream) | <input type="checkbox"/> Blemish Cream |
| <input type="checkbox"/> Glycolic Serum | <input type="checkbox"/> Blackhead Treatment |
| <input type="checkbox"/> Anti Oxidant | |