

DERMAPEN (Micro-needling)

Pre & Post Treatment Instructions

The following is a guideline, if you have any queries, please contact us.

Before Treatment:

- To minimise the risk of bruising:
 - Avoid Ibuprofen, Nurofen Aspirin and anti-inflammatory medication for a week before the procedure.
 - Avoid alcohol for 24hrs prior to your treatment.
 - Make sure you discuss with your practitioner any bleeding tendencies and current medications being used.
- No Retin-A products or applications 12 hours prior to your treatment.
- No auto-immune therapies or products 12 hours prior to your treatment.
- No prolonged sun exposure to the face 24 hours prior to your treatment. A Dermapen treatment will not be administered on sunburned skin.
- Get a good night's sleep before the procedure.
- Eat a light meal (breakfast or lunch) the day of treatment prior to the appointment.
- Drink water and keep your body hydrated.
- You may take paracetamol half an hour before the procedure. If necessary, to minimise discomfort, topical anaesthetic cream may be applied 10 minutes before treatment, please discuss this with your doctor / nurse.
- On the day of the treatment, please keep your face clean and do not apply makeup.

What Can Be Expected:

- Immediately after your treatment, you will look as though you have a moderate to severe sunburn and your skin may feel warm and tighter than usual. This is normal and will subside after 1 to 2 hours and will normally diminish within the same day or 24 hours. You may see slight redness after 24 hours but only in minimal areas or spots.
- Your practitioner will discuss post-procedure skincare following the treatment to help soothe, calm, and protect the skin. Continue to treat the skin gently for 3 days. Normal skincare can be resumed again after Day 3-5 days.



After Treatment:

- **CLEAN** – Use a gentle cleanse and tepid water to cleanse the face for the following 72 hours and gently pat dry the treated skin. Always make sure that your hands are clean when touching the treated area.
- **HEAL** – Serum antioxidants are recommended post-treatment as the properties are ideal to help heal the skin. These products can help soothe the skin and lessen irritation.
- **HYDRATE** - Following your Dermapen treatment, your skin may feel drier than normal and should be kept hydrated.
- **MAKEUP** – It is recommended to not apply makeup for 24 - 48 hours after the procedure. After 2 days pure mineral makeup can be used. Do not apply any makeup with a makeup brush, especially if it is not clean.
- **PROTECT** – Immediately after the procedure, apply a broad-spectrum UVA/UVB sunscreen with an SPF 30 or greater. A chemical-free sunscreen is highly recommended.

What to Avoid:

To ensure the proper healing environment, the following are recommended during the first **3-5 days post-treatment**:

- Do NOT use any Alpha Hydroxy Acids, Beta Hydroxy Acid, Retinol (Vitamin A), Vitamin C (in a low pH formula) or anything perceived as ‘active’ skincare.
- Avoid intentional and direct sunlight. No tanning beds.
- Do not go swimming in chlorinated pools.
- Do NOT have any other procedure, spray or self-tanning or shave the treated area.
- No exercising or strenuous activity. Sweating and gym environments are harmful, rife with bacteria, and may cause adverse reactions.