

# SERENITY

## TREATMENT AFTERCARE

### DIGITAL SKIN NEEDLING

#### PRE TREATMENT ADVICE

- Do not expose your skin to the sun for a prolonged amount of time for 24 hours prior to your treatment. We are unable to treat sunburned skin.
- Inform us if you are currently taking any medication, are pregnant or breastfeeding or have any medical conditions such as heart condition or diabetes
- Refrain from using Retinol or exfoliating products for 7 days prior to treatment

#### POST TREATMENT ADVICE

- Immediately after your treatment, you will look as though you have mild to moderate sunburn and your skin may feel warm and tighter than usual. This is normal and will subside after 24 hours. You may see slight redness after 24 hours but only in minimal areas or spots.
- Flaking skin, dryness and itching, tight sensation to the skin, swelling, redness are normal following this treatment.
- You should avoid excessive exposure to the sun for a minimum of 4 weeks following the treatment; use a high factor (minimum SPF50) sunblock with UVA and UVB protection. Failure to adhere to this may result in discolouration of the skin.
- For at least 3 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.
- Apply a plain moisturiser 2 times a day and ensure that your hands are clean to avoid infection.
- Do not go swimming, use saunas or steam rooms for at least 72 hours post- treatment.
- Do not wax the area for at least 7 days.
- No exercising or strenuous activity for the first 2-5 days following treatment.
- Do not apply false tan, make up, perfumes or perfumed lotions directly to the area for 48 hours
- Avoid hot baths and showers until any redness subsides

### COLLAGEN LIFT

#### POST TREATMENT ADVICE

- For 12 hours: do not wear heavy makeup.
- For 24 hours: No swimming, facial waxing or exercise.
- For 48 hours: No sauna, sunbeams, sun exposure, both, collagen injections or dermal fillers.
- For 72 hours: Do not use any anti-ageing creams, AHA's, glycol's, retinol or exfoliating products.

At all times:

- During a course of Collagen Lift SPF 15 minimum must be applied and exposure to UV should be avoided.
- Regular moisturiser applicatios are vital to replensih moisture and prevent the skin from becoming dry and peeling.
- Drink plenty of water before and after treatments