

# SERENITY

## TREATMENT AFTERCARE

### MICRO-NEEDLING

#### PRE TREATMENT ADVICE

- 1. Avoid Accutane in the six months prior to beginning your procedures.
- Check with your prescribing physician.
- 2. Do not use topical agents that may increase the sensitivity of your skin such as retinoids, exfoliants, topical antibiotics or hydroxy acids 3-5 days prior to your procedure.
- 3. Avoid IPL/Laser procedures, unprotected sun exposure, or sunburn for at least 2 weeks prior to your procedure.
- 4. No waxing, depilatory creams, or electrolysis to the area being treated for 5 days prior.
- 5. Do not shave the day of the procedure to avoid skin irritation.
- 6. Keep makeup to a minimum day of the procedure if possible.
- 7. Do not experiment with new products before the procedure.
- 8. Avoid alcohol, blood thinners and caffeine 24-48 hours before the procedure.

#### POST TREATMENT ADVICE

- Do not apply makeup for up to 24 hrs after the procedure. You can cleanse your face 6 hours after the procedure or before bedtime with a gentle cleanser and tepid water. Use serums or recommended products per your skin therapists directions. Continue to wear SPF 30+ daily.

#### up to 48 hrs after

- Do not apply cold compresses or ice packs to skin.
- Avoid taking ibuprofen or other anti-inflammatories.
- Apply a physical SPF 30+ during the day, after 24 hours (and cleansing your face).

#### 72 hrs after

- Avoid sweaty exercise and sun exposure.
- Avoid active skin care (including AHA/BHAs, exfoliants, Vitamin A, Retinol, etc.)
- If you must wear make-up, use mineral-based, oil-free make-up.
- Do not pick or peel skin during the healing process.

### NANO-NEEDLING

#### PRE TREATMENT ADVICE

- 1. Do not use topical agents that may increase the sensitivity of your skin such as retinoids, exfoliants, topical antibiotics or hydroxy acids 5-7 days prior to the procedure.
- 2. Avoid IPL/Laser procedures for at least 2 weeks prior to the procedure.
- 3. No waxing, depilatory creams, or electrolysis to the area being treated for 5 days prior.
- 4. Avoid unprotected sun exposure or sunburn at least one week before the procedure.
- 5. Do not shave the face the day of the procedure to avoid skin irritation.
- 6. Keep make up to a minimum day of the procedure if possible and do not experiment with new products beforehand.
- 7. Avoid alcohol and caffeine 24-48 hours before the procedure.

#### POST TREATMENT ADVICE

- 1. Try to stay out of excessive sun exposure such as tanning and sunbathing for at least 10 days to avoid risk of hyperpigmentation and sensitising the skin.
- 2. Do not apply make up immediately after procedure. Continue to wear SPF 30+ daily.
- 3. Gently cleanse your face before bedtime day of the procedure with a gentle cleanser and tepid water.
- 4. Use serums and the recommended skin care products per your skin therapists' directions.
- 5. Avoid sweaty exercise, saunas, and swimming for at least 48 hours after the procedure.
- 6. Avoid immediately using active skin care (including AHA/BHAs, exfoliants, Vitamin A, Retinol, etc.) for at least 3-5 days.