

hattyjane

skin clinic



MIRCONEDDLING PRE, POST & CONSENT

www.hattyjanebeautyandskinclinic.com

Microneedling is a procedure designed to enhance and improve the complexion. It activates the body's natural regenerative process to stimulate skin's own collagen synthesis. Very tiny needles are used to penetrate the top layer of the skin vertically. These micropunctures cause localised and controlled damage without affecting the epidermis. This initializes the skin regeneration and as a result skin rejuvenation and renewal.

Microneedling is an extremely safe and reliable procedure. Precise punctures with a professional microneedling device such as Genosys Dermafix Pen accelerate the healing process as well as the body's natural growth factors, the body produces collagen and elastin to smooth over irregularities resulting in renewed, plumper looking skin.

This treatment can be used to treat acne scarring, minimise the appearance of wrinkles areas of pigmentation, visible pores and improve the texture of the skin. Please be aware the effects of microneedling are not visible immediately after the treatment as the body needs time to produce collagen, however you will see an improvement from two weeks and continue over the following months up to a year. A course of three skin needling treatments are recommended for optimum skin health four to six weeks apart. You may be recommended to use a home treatment programme in order to maximise results.

PRE CARE

- Do not use active topicals that may increase the sensitivity of your skin such as retinoids, exfoliants, topical antibiotics or acids 3 days prior to your treatment.
- Avoid ANY other facial treatment at least 7 days prior to your treatment.
- Avoid extensive sun exposure / the use of tanning beds at least 7 days prior to your treatment.

(We obviously advise that you stop using tanning beds altogether because they increase your risk of skin cancer and accelerate visible signs of aging).

- Likewise, avoid Hair Removal at least 7 days prior to your treatment.

-In addition, please make sure you are not wearing makeup on the day of your treatment.

WHAT TO EXPECT | AFTERCARE

What To Expect:

-Straight after your appointment your skin may feel a little sensitive and experience redness and flushing.

- Skin may feel drier or tighter - this is quite normal.
- Do not use sunbed, sunbathe, sauna or steam bath for one month
- Always use recommended sun protection SPF 30 minimum - Genosys Multi Sun Cream SPF 40
- Avoid electrolysis, waxing, bleaching (face) for 36 hours
- Do not swim in chlorinated water for 14 days
- No excessive exercise immediately after treatment
- Avoid makeup for 24hours, mineral is recommended
- Take directed advice if undergoing laser or IPL treatment
- Avoid exercise / sweating for 24 hours
- Avoid swimming, sauna's and spa environments for 72 hours
- Sleep on a clean pillowcase at night. Preferably Silk / Satin (Like this).
- Golden Rule: Make sure that you are also avoiding direct sun exposure. Especially tanning beds.

(Preferably forever! But if you must, please wait 14 days)

- Make sure to keep your skin well hydrated with a protective moisturiser. Apply it twice daily or more often if needed to reduce the appearance of flaking.
- Drink LOTS of water!
- Do not use scrubs, loofahs, exfoliating sponges or other means of mechanical exfoliation on your face for 7 days.

CONSENT

Contraindications:

1. Herpes Simplex (cold sores or fever blisters)
An anti-viral medication may be necessary prior to treatment
2. Dermatitis
3. Open skin lesions
4. Uncontrolled diabetes
5. Extensive sun or tanning 7 days prior and 7 days post treatment
6. Roaccutane in the past 6 months to 1 year
7. Prescription topical retinol products in the past 14 days
8. Waxing of area to be treated in the past 7 days

EXCLUSIONARY CRITERIA

- Active herpes simplex (cold sores)
- Recent wounds
- Recent radiation
- Hypertrophic/keloid scars
- Warts
- Recent cryotherapy
- Facial skin cancer
- Pregnancy, breast feeding
- Sculptra TM

INDICATIONS FOR TREATMENT

- Skin texture
- Fine wrinkles
- Surface laxness
- Acne scarring
- Skin brilliance
- Skin tone
- Hyperpigmentation
- Sun damage
- Pore size

TREATMENT ADVICE FOR CLIENTS

Contraindications to microneedling

- Pregnancy and breast feeding
- Roaccutane
- Laser treatment
- Broken skin
- Sunburn
- Active Eczema/psoriasis
- Chemotherapy and radiation
- Active herpes
- Severe blood blotting disorder

I am aware of the following risks/complications that may occur:

1. Mild discomfort or pain
2. Slight redness or swelling
3. Sun sensitivity
4. Skin sensitivity
5. Pigment changes
6. Allergic reaction
7. Bacterial infection
8. Peeling/shedding/flaking
9. Erythema

I understand that the treatment may involve risks of complication or injury from both known and unknown causes, and I freely assume those risks. Prior to receiving treatment, I have been candid in revealing any condition that may have a bearing on this procedure.