

EST.  2012

L A Y E R S

skin clinic

-MEDICAL NEEDLING- PRE & POST-CARE INSTRUCTIONS

The information shared and given must be read thoroughly and followed accordingly.

PRE

- We recommended that client be on a good home care regime before considering professional treatments as this affects the outcome and how good your skin barrier is prepared. Pre-treating the skin is essential.
- We recommended a good barrier cream (Serra Restore Cream), Vitamin A cream or Growth factors ,and good SPF – nothing under a factor 30. Ask therapist to recommend correct products to suits your skin’s individual’s needs.
- Start drinking Omega 3 Fatty Acids (Solgar) daily, Increase Water intake, if pigmentations is a concern – Brightening concentrate is a must have. (TCA & Beta peels compulsory)
- If you suffer from cold sores start drinking viral guard or any viral immune boosters 3-4 days before medium depth peels.
- The following conditions are contra indications for certain treatments – if unsure do ask you therapist.

Pregnancy/ Breast feeding – due to hormonal imbalance as we do not have knowledge regarding how skin will react.

Keloid scars

Inflamed acne or skin conditions

Severe solar keratosis

Raised moles/warts – these will just be barrier if needed

Rosacea

Eczema

Psoriasis

Diabetes 2

Auto Immune disease

Haemophilia

Cancer

Hepatic disorder

Seborrhoeic Dermatitis

Open wounds

- Medications
 - Roaccutane or a generic thereof – not used in the last 6 months.
 - Anti- Coagulants (Warfarin)
 - Anti-Biotic
 - Malaria medication
 - Tetracycline
 - Oral Steroids
- Note to oneself that medication like anti-depressants/ anti anxieties/ contraceptive pills do photo sensitize the skin.
- The following products you must stop using 5 days before professional treatments:
- Retin A (Retinoids) - Products with Retin Palmitate and Acetate are still safe to use.
- AHA or BHA products
- Home Exfoliations
- Hydroquinone
- Benzoylperoxide
- No waxing - preferably 7 days before chemicals peels
- No sun bathing before or after peels
- Botox & Fillers - No peels 7 days before or after treatment received
- It is always important to fill in your client card thoroughly and give your therapist all the information needed.
- It is important to be safe and considered all factors before starting with chemicals peels.

POST

- There is minimal downtime 5 days after this treatment as you may experience facial redness for 12-48 hours after the procedure. Most people are able to return to normal daily activities immediately after the treatment
- Do not use any active ingredients on skin for next 48 hours unless indicated otherwise.
- It is important to keep skin hydrated and protected from harsh environmental factors. For the next 5 days use normal cleanser (unless stated otherwise), Epi-max all-purpose moisturiser cream morning and evening, and SPF daily. No exfoliations, no vitamin A cream for next 10 days until skin is complete healed.
- Skin will feel tight and warm for the 4 days so be gentle with it.
- Swelling is normal especially around the eye area – but will subside. Just drink anti-histamine daily.
- No sauna, steam room or heavy excises for 4 days.
- Skin can temporally feel dry, red and/or swell but this will subside if not please do not hesitate to contact the clinic if unsure about anything.
- The skin is very photosensitive while doing the course and we recommend that patients stay out of the sun for several weeks while their skin is recovering and use a broad spectrum SPF.
- Apply a breathable healing camouflage such as Lycogel which seals the skin and covers any redness. Sample is given on day of treatment but is recommended to purchase one if course is being done.

PLEASE NOTE

If you have any questions or concerns do not hesitate to phone or message your therapist. She will be more than willing and more than capable to answer all your questions. There is never a silly question and whenever in doubt please do phone therapist so she can adapt your program.