

DERMAPEN SKIN NEEDLING

AFTERCARE INSTRUCTIONS

You have just completed your Dermapen Skin Needling treatment. Your cosmetic practitioner has advised you of appropriate aftercare instructions to follow. A written outline of those instructions is available for your convenience. You are advised to follow these instructions to ensure the best result from your treatment.

IMMEDIATELY AFTER THE TREATMENT:

- There may be a sunburn-like redness that can last for 1-3 days – Apply ice packs (e.g. ice pole) at home if required.
- There may be swelling that can last up to 48 hours - Apply ice packs (e.g. ice pole) at home if required.
- There may be bruising, which is usually minimal and pinhead sized. It may last for 1-5 days. If it occurs, avoid medications such as aspirin, nurofen, Vit E or fish oils which are blood-thinning agents and may exacerbate bruising, for 24 hours. See our FAQ sheet on “BRUISING” for more advice.
- There may be some itching of the skin. Avoid scratching the skin. You can take an antihistamine eg Claratyne to alleviate this irritation, which should settle after 1-3 days.
- If you have suffered in the past with cold sores on the skin or lips, please advise your cosmetic practitioner prior to treatment as this viral infection may be re-activated by a Dermapen skin needling treatment. You can take L-lysine daily (available from the chemist or health store) for 2-3 days prior to and after your treatment if necessary. Medical antiviral medication (Zovirax) is also available for purchase at the clinic. Please call the clinic for advice if cold sores occur **Ph: 0755 933388** or see our FAQ sheet on “COLD SORES” for more advice.
- You **MUST** avoid sun exposure and solarium treatments for at least 3 weeks after the dermapen Skin Needling treatment because the area treated will be more prone to burning and increased pigmentation with the development of brown blotches and freckling during this period. Apply a 30+ or 50+ sunblock frequently and daily for 1-2 weeks after treatment.

OVER THE NEXT 1-3 DAYS AFTER THE TREATMENT:

- Redness will settle and be replaced by a dry, tight peeling skin. This will shed over the next 3-7 days to reveal a fresh skin with more neutral skin colouring and improved texture. You **MUST NOT** pick, scratch or use any exfoliant (gentle exfoliation may be allowed after 3-5 days) as this may damage the new skin and introduce bacteria leading to skin infections.
- Avoid using any skincare that contains AHA, Glycolic Acid, Salicylic Acid or Retinoic Acid (eg Retin A) for 3-5 days. If you are unsure about your skincare please ask your cosmetic practitioner.

- It is important to maintain a good skincare routine with frequent hydration or moisturisation on a daily basis (approximately 4 x daily). Use a hydrating gel eg Soothing Gel or Colostrum gel and/or a moisturiser eg ASAP moisturiser/sunscreen.
- It is important to promote healing and encourage cellular regeneration within the dermis of the skin after dermapen skin needling. You will be advised to use Skinstitut Rejuvenate 15, Environ Colostrum gel, Hyaluronic serum or ASAP Vitamin B this will repair and restore healthy dermal skin cells and promote collagenesis and healing. It is important to apply this 3-4 times in the first 24 hours after treatment and then apply twice daily until finished.
- Start to gently exfoliate the skin after 3-5 days with ASAP or Skinstitut Facial Exfoliant Scrub to remove the flaky dead skin that commonly forms after treatments.
- **DO NOT** apply spray tanning or fake tanning creams for 2-3 weeks after the treatment.

You can start using a **Homecare Dermal Roller** if purchased, after 10-14 days once the skin has fully healed and feels texturally normal. This should be used 2-3 times a week initially and then as often as desired (maximum once per day). Treatments can be performed in as little as 10 minutes and each homecare device will last up to 6 months before a replacement is required. It is advantageous to apply skin treatment formulas to the skin during/after using the homecare roller. It will aid the absorption of skin treatments into the dermis of the skin. Please see your cosmetic practitioner for advice on optimising the results from your Dermapen skin needling treatment using available skin care and skin treatment products.

Please arrange for a follow-up appointment in two weeks when your results can be assessed and further treatments planned.

If any of the symptoms listed above persist or become worse please contact the clinic for advice on Ph (07) 55 9333 88.

ADDITIONAL RECOMMENDED TREATMENTS & PRODUCTS

Acne Scarring, General Scarring and Problem Skins

- Intense Pulsed Light (IPL) treatment (not for dark skins)
- Laser Genesis
- Scar injection treatments
- Ultra Clear Facial treatment
- Environ Sebu Range Skincare and/ or Environ Antioxidant Gel and/ or Alpha Gel
- Home Rolling Kit
- Microdermabrasion
- ASAP Skincare

Pigmentation, freckles & brown spots

- Intense Pulsed Light (IPL) treatment (not for dark skins)
- Medical Skin Needling and/or Home Rolling Kit
- Ultra De-Light Infusion
- Formulated R8 Depigmenting Gels/Creams
- Medical Skin Needling and/or Home Rolling Kit
- Environ Clarifying Lotion and CBoost and/ or AVST / Cquence Range and/ or Ionzyme Masque Citrique and/ or Retinol 1/2
- Skinstitut Even Blend Serum

Fine wrinkles, crêpiness and open pores

- Botulinum Toxin A (BTXA) treatment
- Dermal Filler treatment
- PRP treatment
- Vital Light/Vital or Mesolis treatment
- Medical Skin Needling and/or Home Rolling Kit
- 'Titan' skin tightening treatment
- Microdermabrasion +/- Chemical Peels
- Ultra Smooth Infusion
- R8 Intense Lip Refining Infusion
- R8 Anti-Aging Eye Infusion
- Environ AVST and/ or CQuence Range and/ or Colostrum Gel and/ or Retinol ½ and/ or Antioxidant Gel and/ or Focus Hydrating Serum and/ or Alpha Cream/Gel
- ASAP Vit A & Vit B Serum

Please contact Rejuven8 Cosmetix for a complimentary consultation for further information about any of the above treatments or products.