

BEAUTILASE

34 Target Road, Glenfield, 09 442 2603 or 021 169 4975 smita@beutilase.co.nz

Dermapen Pre- and Post- Procedure Care Instructions

PATIENT HOME PREPARATION: Preparing the skin for this procedure will ensure optimum results. Healthy skin will respond better and results will last longer. Skin cells need nutrients for best function and a Dermapen recommended antiaging regime should include a reputable scientifically backed skin care range. This should include a gentle cleanser, an active moisturiser, antioxidants (such as Vit A, C and E) and a very good sunscreen (with UVA and UVB protection). Discuss the options with SMITA.

PRIOR TO TREATMENT:

- No omega 3 and 6, evening primrose oil, garlic, red wine, aspirin or anti-inflammatory medication 2-3 days prior to the needling procedure.
- No prolonged sun exposure or sun burns to the treatment area 24 hours prior to treatment.
- If an active or extreme breakout occurs before treatment, evaluate on a case by case basis.
- If you are prone to cold sores you will need see Medical Doctor and obtain a prescription for Valtrex and begin taking it 3 days before treatment and for 4 days following treatment
- Skin should be clean and make-up free, application of the topical anaesthetic cream will be applied

POST-OPERATIVE TREATMENT:

- After the treatment, take precautions against sun exposure. Your skin will be very sensitive to sunlight and this may lead to pigmentation.
- Do not perform any vigorous exercise for at least 24 hours after treatment.
- Do not apply make-up for at least 12 hours after the treatment. Wash the treated area thoroughly the next morning by gently massaging the area with tepid water to remove all serum and other debris such as dried blood.

- For the first 1-3 days the skin will be very dry and feel tight.
- After 2-3 days patients can return to regular skin care products or as soon as it is comfortable to do so. Avoid alcohol based toners 10-14 days.
- Avoid direct sun exposure for a least 10 days if possible.

TREATMENT RECOVERY TIMELINE:

Day 1: Redness and mild swelling. Occasionally some bruising.

Day 2: A red hue or pink hue persists like a moderate sunburn. Swelling may be more noticeable on the second day.

Day 3: Skin can be pink or normal colour. Swelling subsides. The skin may start to feel a little grainy after a few days – continue with lots of moisturising. A follow up Green Peel is usually recommended 1-2 weeks after the procedure