

# Post Care Leaflet

## 3D-Dermal Roller with and without RF

- Use a soothing cleanser / face wash with tepid water to cleanse the face for the following 48 hours and dry gently.
- Always make sure your hands are clean when touching the treated area.
- Following treatment, the skin may feel drier than normal. Hyaluronic Acid is an ideal ingredient to hydrate and restore the skin back to a perfect balance.
- For a few days following your treatment, the skin will start to regenerate, collagen stimulating peptides are ideal to keep the stimulation going.
- It is recommended that make up is not applied for 12 hours after the procedure. Specialised mineral make-up may be suitable for use during this period. Do not apply any make up with a make-up brush, especially if it is not clean.
- Apply a broad spectrum UVA/UVB sunscreen with a SPF30.

### **What to Avoid**

- To ensure the right healing environment, for at least 2 days post treatment, do NOT use any Alpha Hydroxy Acids, Beta Hydroxy Acid, Retinol (Vitamin A), Vitamin C (in a low pH formula) or anything perceived as 'active' skincare.
- Avoid any heat treatments for 48 hours
- Avoid any waxing on the treatment area for 48 hours
- Avoid self-tan and sunbeds during the treatment course.
- Apply SPF 30 daily.