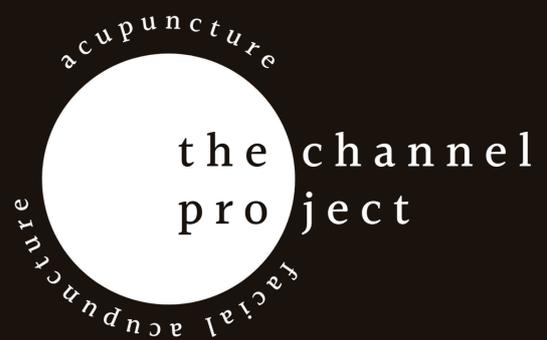


pre-treatment notes



A FULL MEDICAL HISTORY WILL BE TAKEN

It is really important for me to take a full medical history and in the event of doubt for you to seek medical approval. This is particularly important where there are dermatology issues on any part of your body.

MICRONEEDLING WITH ROLLER

It is not recommended to have a dermaroller-style treatment, known as medical micro-needling on the first session. It is best to have cosmetic acupuncture to introduce your skin and body to this form of treatment. This will enhance response to the treatment and help to avoid any undesired side effects.

COLD SORES

If you sense that a cold sore is coming and you are expecting to have a dermaroller treatment, please advise me as this is contraindicated. You may still have a cosmetic acupuncture treatment as this will help you to recover.

IS IT SAFE TO HAVE A TREATMENT WITH ME?

Treatment during pregnancy is not advised. Other health issues may affect what treatment you can undertake and will be discussed with you at the consultation.



HAVE YOU EATEN ON THE DAY OF YOUR TREATMENT?

Please remember to have had something to eat and drink on the day of treatment and preferably allow one hour after eating (if possible) before attending your session so that this does not interfere with any diagnosis.

MENSES & FEELING UNDER THE WEATHER CAN MAKE YOU MORE SENSITIVE TO OUR TREATMENTS

If it is the first day of your period, or you are feeling unwell - you will be more sensitive – so please let your me know

NO MAKE-UP PLEASE

If possible, please do not wear make-up on the day of the treatment. After treatment it is preferred that the skin is also left make-up-free. Paraben free mineral makeup is the safest option for use during your course of treatments and thereafter as it allows the skin to breath.

HOW DO YOU RESPOND TO ACUPUNCTURE

If you know you are sensitive or have known side effects to acupuncture such as feeling dizzy, please let me know in advance. As your sessions progress, the level of treatment may become stronger but these will be designed around your own specific needs and comfort.



OTHER TREATMENTS?

Skin resurfacing treatments intentionally damage the epidermis and create inflammation, UV sensitivity and thinning of the epidermis. Adequate time must be given prior to cosmetic acupuncture treatments of any kind.

The effects of Botox and fillers will be reduced by increased cellular activity and areas of the face involved should be avoided. A minimum wait of 6 weeks should be given after such procedures.

If you are already seeing a medical professional (eg. medical doctor/dermatologist) please ask their permission before starting this treatment.

Do not take aspirin prior to treatment and please advise me if you are on blood-thinning medication.

Please do not drink alcohol, excessively, 24 hours before a treatment.



post-treatment notes



There is little or no down-time but it is appreciated if you would note and adhere to the following post-treatment advice:

CLEANING AFTER

Using tepid water (with Acuregen cleanser if possible) to cleanse the face for the first 24 hours following treatment and drying the area gently without rubbing

Ensure that hands are always clean when touching the area treated, to avoid infections

If you use your own products, these must be brand new as bacteria can grow in old products, risking infection. Never put your fingers into pots - decant with a clean spatula each time so as not to cause contamination.

WHAT TO AVOID

Avoiding swimming, hot tubs, steam rooms, saunas, work environments which are dusty and dirty or that risk contamination of sensitised 'open' skin.

Not applying conventional make-up products to the skin for the first 12 hours following treatment, some mineral based make-up products are able to be applied



To avoid possible postoperative hyper-pigmentation you need to refrain from any intensive sun light exposure and/or solarium for a period of 2 weeks after treatment. Please use a sun block with a protection factor of 20 or higher

WHAT TO EXPECT AFTER

The skin may also feel warm, tight and itchy for a short while. This should normally resolve in 24 - 72 hours.

SIDE EFFECTS

Side effects with this type of treatment can typically include minor flaking or dryness of the skin, with scab formation in rare cases. Hyperpigmentation (darkening of certain areas of the skin) can occur very rarely and usually resolves after a month. If you have a history of cold sores, this could possibly flare up after treatment. Our treatments are designed to support your immune system but this is still a possible risk.

Skin allergy / reaction to the topical anaesthetic (EMLA cream) and cosmetic products is not common but can occur. These should not be necessary but if used and should any severe adverse reaction occur, please contact me immediately.



You may use your own cosmetic products after treatment but please be aware that they may contain parabens, petro-chemical products and phthalates which can be more readily absorbed into the skin and cause long term harm.

If you have a skin condition of any kind, please inform me and under no circumstances scratch the area if it is irritated so as to avoid contamination of the treated area.

