

RAFFINE MICRO-NEEDLING POST TREATMENT ADVICE

Reactions from treatment:

Reactions from treatment include: skin redness and flushing, tightness, itching, tenderness, stinging, swelling and some pinpoint bleeding.

Effects will usually typically resolve within hours and many people are able to return to their normal activities the same or next day. Some people may react differently and may experience these reactions for longer. However, these reactions are temporary and typically resolve within 3-4 days as the skin returns to normal.

There is a small risk of side effects causing the skin to turn very red, blister, swell, peel and later scab and crust. In severe cases infection and ulceration may result, although this is not expected to occur due to the sterility of the derma roller/micro needling device and the minimally invasive nature of the micro-medical needles.

Micro-needle therapy procedure may cause areas of bruising although this would not normally be expected to occur, the eye contour being the area at most risk. Any such bruising will be temporary. If you are taking any medication or dietary supplements that can affect platelet function and bleeding time, the severity and period of bruising can be extended, also the presence of petechiae (small red or purple spots beneath the skin) may be observed.

There is a small risk that hyperpigmentation of the skin can occur after the procedure, although this is not normally expected as the epidermis of the skin is not removed as a result of the procedure. Failure to follow the advice detailed below can increase this risk.

As with the use of any product, there is also a small risk of a reaction to the mesotherapy products.

Post Treatment Advice:

- Refrain from touching the skin with your hands until the pores have had chance to close. **DO NOT PICK OR PULL THE SKIN.** Any redness should subside over a 24 - 36 hour period.
- Gently wash the treated areas on the same day, but do not rub or massage the face for 2 weeks. Cleanse using a mild cleanser such as the **CLINICARE Concentrated Cleansing Foam**. It is recommended that the use of soaps, other than those recommended by your practitioner, on the treated skin area is restricted until the redness subsides and where possible lukewarm water and / or gentle skin cleansers are used for cleansing. Do not scrub. Pat to dry only with a clean towel.
- Use of intensive moisturiser is advised for at least a week as your skin may feel drier or tighter after your treatment – this is quite normal.
- Avoid facial products containing fragrance for 3-5 days after treatment as these may irritate the skin.
- Make up can be applied once the skin has settled, but ensure all brushes and sponges have been cleaned.
- Refrain from extreme temperatures such as intensive sun light, saunas, sunbed, steam bath for a period of at least 2 weeks after treatment.
- Apply a sunscreen with an SPF30+ (such as the **CLINICARE Sun Shield Silky Cream SPF30**) on a daily basis and with regular applications for a period of at least 2 weeks.
- Avoid electrolysis, waxing, bleaching (face), depilatory creams, laser hair removal for at least 72 hours.
- Do not swim in chlorinated water for approximately 14 days.
- Please report any concerns to your practitioner as soon as possible.

Recommended skin care in between skin needling sessions:

Daily application of a gentle skin care is highly recommended following the procedure for the acceleration of regenerative processes and consolidation of procedure results. Follow the directions of your practitioner.

We recommend CLINICARE's Home Care range to achieve the most from your CLINICARE treatment. Please see details for the 3 home care ranges below.

GLOW Range for hyperpigmentation, age spots and dull tired skin**Young skin**

- Cleanse the face, neck and lower neck using **Concentrated Cleansing Foam**
- Morning: Tone skin with **X3M EGF Glow Liquid Moisturizer**, Apply **Lip & Eye Renewal Cream** around eye area, **X3M EGF Glow Essence** on face, and on top of that apply **Sun Shield Cream SPF30**
- Evening: Tone skin with **X3M EGF Glow Liquid Moisturizer**, Apply **Lip & Eye Renewal Cream** around eye area, and **X3M EGF Glow Serum** on face

Mature skin

- Cleanse the face, neck and lower neck using **Concentrated Cleansing Foam**
- Morning: Tone skin with **X3M EGF Glow Liquid Moisturizer**, Apply **Lip & Eye Renewal Cream** around eye area, Apply **X3M EGF Glow Serum**, and on top of that apply **Sun Shield Cream SPF30**
- Evening: Tone skin with **X3M EGF Glow Liquid Moisturizer**, Apply **Lip & Eye Renewal Cream** around eye area, **X3M EGF Glow Essence** to face, and on top of that apply **X3M EGF Glow Serum**

PURE Range for sensitive, irritated and inflamed skin**Young skin**

- Cleanse the face, neck and lower neck using **Concentrated Cleansing Foam**
- Morning: Tone skin with **X3M EGF Pure Liquid Moisturizer**, Apply **Lip & Eye Renewal Cream** around eye area, **X3M EGF Pure Essence** on face, and on top of that apply **Sun Shield Cream SPF30**
- Evening: Tone skin with **X3M EGF Pure Liquid Moisturizer**, Apply **Lip & Eye Renewal Cream** around eye area, and **X3M EGF Pure Serum** on face

Mature skin

- Cleanse the face, neck and lower neck using **Concentrated Cleansing Foam**
- Morning: Tone skin with **X3M EGF Pure Liquid Moisturizer**, Apply **Lip & Eye Renewal Cream** around eye area, Apply **X3M EGF Pure Serum**, and on top of that apply **Sun Shield Cream SPF30**
- Evening: Tone skin with **X3M EGF Pure Liquid Moisturizer**, Apply **Lip & Eye Renewal Cream** around eye area, **X3M EGF Pure Essence** to face, and on top of that apply **X3M EGF Pure Serum**

REFRESH Range for fines lines, wrinkles and dehydrated skin**Young skin**

- Cleanse the face, neck and lower neck using **Concentrated Cleansing Foam**
- Morning: Tone skin with **X3M EGF Refresh Liquid Moisturizer**, Apply **Lip & Eye Renewal Cream** around eye area, **X3M EGF Refresh Essence** on face, and on top of that apply **Sun Shield Cream SPF30**
- Evening: Tone skin with **X3M EGF Refresh Liquid Moisturizer**, Apply **Lip & Eye Renewal Cream** around eye area, and **X3M EGF Refresh Serum** on face

Mature skin

- Cleanse the face, neck and lower neck using **Concentrated Cleansing Foam**
- Morning: Tone skin with **X3M EGF Refresh Liquid Moisturizer**, Apply **Lip & Eye Renewal Cream** around eye area, Apply **X3M EGF Refresh Serum**, and on top of that apply **Sun Shield Cream SPF30**
- Evening: Tone skin with **X3M EGF Refresh Liquid Moisturizer**, Apply **Lip & Eye Renewal Cream** around eye area, **X3M EGF Refresh Essence** to face, and on top of that apply **X3M EGF Refresh Serum**