



Skin Needling Treatment Prep & Post Care

One week before treatment

Discontinue the use of Vitamin A, C and any acids (chemical exfoliants)

Pre- Treatment

- Use of prescriptive skincare at home is a must.
- This will have been discussed at your skin consultation and analysis.
- Duration of use before advanced treatments will vary from 2-8 weeks before the first treatment.
- No excessive sun exposure or sunburn can be present on the skin, and it should be avoided seven days before treatment.
- Ensure you are using SPF and prescriptive skincare daily.

What To Expect Immediately post-treatment

- Your skin will have a sunburned appearance and may feel tender for several hours post-treatment. This is perfectly normal and should subside by the following day.
- It's essential to follow the Skin Needling Aftercare instructions from the day of your procedure. The microscopic puncture wounds from skin needling are still open, and your skin is vulnerable to developing irritation or infection. Therefore, it's necessary to take careful precautions to prevent any complications.

Post Treatment

- Do not cleanse or wet your face for 8 hours post-treatment.
- Use of your prescribed skincare products as recommended by your Breathe therapist.
- Avoid touching your skin post-treatment, as this can introduce dirt, bacteria, or other contaminants to your skin.
- Do not exercise or participate in strenuous activity post-skin needling for the first 48 hours.
- Ensure to stay out of direct sunlight for 72 hours and other sources of intense heat such as sauna, steam room or tanning beds. (We recommend being always sun safe with your skin)

1-7 Days After Skin Needling: What to Expect

When you wake up the following day, your skin may feel tight. This is normal.

After 72 hours and you plan to spend some time outside, apply sun protection products diligently.

Day 7-14

We'd like you to please reintroduce to your actives.

Now is the time to return to your regular skincare regime as prescribed during your initial consultation.

From day 14

-We recommend reintroducing your exfoliant products.

-This will assist in desquamating those old skin cells purging from the treatment and allowing newer cells to come through.