

# ESH O.

## Pre-treatment and after care advice for your appointment.

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Treatment name: Microneedling

Product used: Dermapen

Treatment aim: This treatment is designed to stimulate the skins own collagen and elastin by causing microtears in the skin

Numbing: not necessary

### **Pre-treatment advice:**

#### **Can I drink alcohol before my treatment appointment?**

We recommend that no alcohol is consumed 24 hours before and after this treatment.

#### **Can I wear make-up to my treatment appointment?**

We do request that patients come to their appointment with minimal make up to the areas that are going to be treated.

#### **What medical history is required?**

Any previous medical and cosmetic/aesthetic procedure history.

Current regular medications.

Any allergies.

If you suffer from cold-sores.

#### **Can I have treatment if I suffer from cold-sores?**

At the ESHO Clinic we advise cold-sore sufferers to take Acyclovir tablets seven days before their treatment appointment to prevent an outbreak.

If you have a cold-sore we CANNOT treat you, please contact the customer service team.

#### **If I need pain relief before my treatment what can I take?**

For 24 hours before your treatment appointment it is advised that you avoid anti-inflammatory pain killers like Ibuprofen and Aspirin. Paracetamol is fine to take and the only pain relief we advise you to take 24 hours before and after treatment

#### **How soon after treatment can I travel or fly?**

There are no restrictions on flying after this treatment. Although we recommend avoiding direct sunlight for four weeks before and after treatment.

### **Post-treatment advice:**

Avoid touching the treated area.

No alcohol for 24 hours after your treatment appointment.

Please don't apply make-up or products to the area for 24 hours, after 24 hours you can apply make-up.

You can wash your face with water and a gentle cleanser but we advise no serums or moisturizers with active ingredients in or products that could irritate the skin for 24 hours. The skin may feel tight and dry, 12 hours after the treatment a light moisturizer can be applied.

Avoid waxing and hair removal for at least 48 hours after treatment.

Topical prescriptive medications can be resumed no sooner than 72 hours after treatment.

No exercise for 48 hours after your treatment appointment.

Avoid extreme heat like saunas, steam rooms and sunbeds for two weeks.

**What changes to my lifestyle should I make to get the most out of my skin treatments?**

Apply a good SPF 30+ everyday especially while in a hot sunny climate.  
Avoid the use of sunbeds. (if applicable)

**What can I do to help maintain and enhance my treatment results?**

Keep hydrated – at least 1.5-2 litres of water a day  
Avoid extreme heat – saunas, steam rooms and sunbeds  
Speak to a member of the ESHO team about which treatments and products would be best suited for you.

**Contact us if you experience any of the below:**

If you are concerned about any swelling, pain, redness. Please email [patientcare@eshoclinic.co.uk](mailto:patientcare@eshoclinic.co.uk) with photos to be assessed by one of our doctors.

If you have a fever, temperature, flu like symptoms, vomiting or any signs of possible treatment infection please phone our emergency phone line and one of our doctors will urgently assess you.

If you have any signs of allergy, itch, rash, wheeze, shortness of breath – contact 999 as you will need urgent medical treatment – this is very rare and most likely to occur while you are still in clinic.

If you do have any concerns please contact [bookings@eshoclinic.co.uk](mailto:bookings@eshoclinic.co.uk) or [patientcare@eshoclinic.co.uk](mailto:patientcare@eshoclinic.co.uk) detailing your concerns and we will be more than happy to help you.

**Review policy:**

Every patient is entitled to a review appointment 14-21 days after treatment. This is free of charge and an opportunity to ensure that you are satisfied with the treatment you have received. Existing patients will not be offered a review upon booking unless their treatment type differs from that in their patient history or is specifically requested by the patient. It is mandatory for patients who have a review appointment booked and do not wish to attend, to provide us with 7 days notice if they wish to cancel the appointment. Failure to do so will result in a £50 charge to cover the time allocated in clinic for the review appointment. If you have not booked your review and wish to have one, please contact [bookings@eshoclinic.co.uk](mailto:bookings@eshoclinic.co.uk) and the team will be able to arrange one for you.

***We look forward to seeing you at your appointment!***