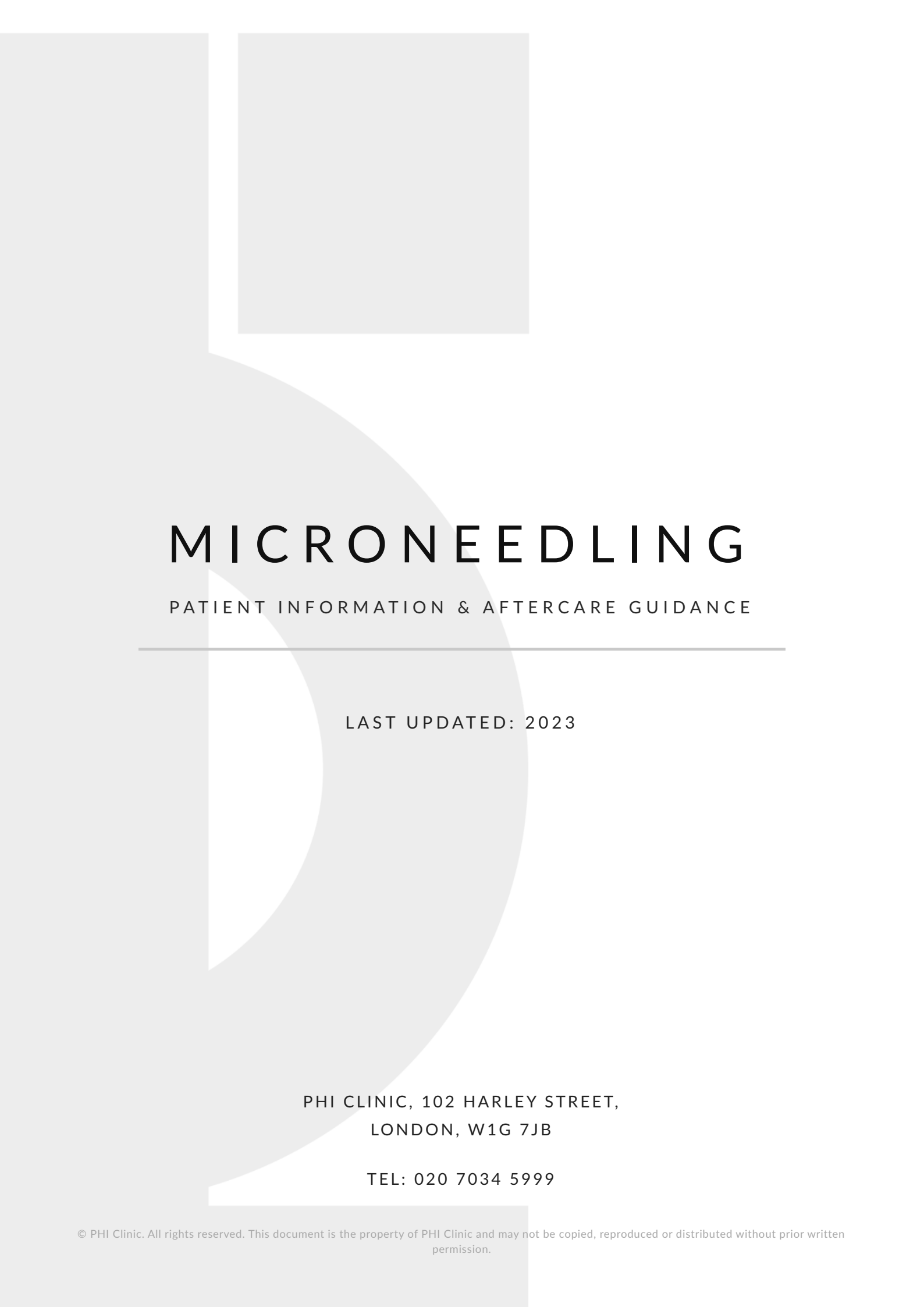




MICRONEEDLING

PATIENT INFORMATION & AFTERCARE GUIDANCE

LAST UPDATED: 2023

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MICRONEEDLING INFORMATION

WHAT IS THE MICRONEEDLING AND WHAT IS IT USED FOR?

Microneedling is a treatment that uses tiny needles to cause small controlled injuries in the skin. These small injury points encourage the body to create a wound healing response to renew the skin cells and to increase collagen and elastin production.

Microneedling is used to treat mild to moderate fine lines and wrinkles, thinning crepey skin, acne scarring, stretchmarks and pigmentation. Microneedling is also used as an anti-aging treatment to encourage the production of collagen and elastin. Additionally, we can add specific ingredients such as growth factors, peptides and meso botulinum toxin to further enhance results.

HOW OFTEN SHOULD I HAVE TREATMENT AND HOW MANY WILL I NEED?

Treatments can be carried out every 4-6 weeks. The number of treatments will be based on your indication and advised by your clinician. Generally we recommend a minimum of 3 treatments to see a significant result.

WHAT RESULTS CAN I EXPECT?

Results vary from each individual and can be seen between 2-3 months post treatment as the collagen and elastin production increases. You can expect to see an improvement in the texture and tone of the skin. The skin may start to appear smoother and more firm as well as having a more even and uniform skin colour. The skin can also become plumper due to the increased thickness of the dermis due to the needle stimulation.

WHAT WILL I LOOK LIKE IMMEDIATELY POST TREATMENT?

Initially post treatment the skin will appear red with possible pin point dots of blood. This is normal and the desired end point of the treatment. The redness can remain for a period of 2-4 of days depending on the level of treatment carried out by your clinician, but can often last only 24 hours.

PRE-TREATMENT INFORMATION:

All make up will be removed to the area prior to treatment. Please remove before arrival to the clinic. Please avoid taking aspirin and ibuprofen and using topical exfoliates (retinol, AHA's etc) 3 days leading up to and on the day of treatment as this can increase the risk of bruising and skin irritation. Please avoid caffeine intake the day of treatment too as this will reduce the risk of bruising. Sun exposure and fake tan to the area of treatment is not a direct contraindication however it is advised to avoid both of

these to the treated area to reduce the risk of post treatment complications and so should be avoided 4 weeks prior to treatment.

NEED MORE INFORMATION?

Please call **0207 034 5999** or email **info@phiclinic.com** if you would like further details about your treatment, or to schedule for an appointment.

MICRONEEDLING PATIENT AFTERCARE

Please follow the below recommended aftercare advice to achieve maximum results and to avoid complications:

- Avoid exposure to heat such as baths saunas, steam rooms and exercise for up to 48 hours
- Avoid sun exposure, where possible for up to two weeks. If unable to do so ensure the application of a broad spectrum SPF 30+ to the area
- Avoid the use of exfoliating products and Alpha Hydroxy Acid based products for at least 72 hours, as this may cause irritation to the area
- Avoid touching or irritating the treated area. It is common to have incrustation from the insertion points of the micro needles- do not attempt to remove these as it may cause damage to the skin
- Follow a gentle skin care regime for up to 10 days post treatment
- The skin may become dry and flaky due to the incrustations, if this does occur it is advisable to apply the Sheald recovery Balm until the skin has returned to normal

COMMON SIDE-EFFECTS OF TREATMENT INCLUDE:

- Swelling with mild bruising and/or redness for 2-3 days
- Incrustations from the micro needles
- Mild to moderate pain and tenderness

MEDICATIONS ADMINISTERED PRE OR DURING TREATMENT:

Routinely you will have had local anaesthetic cream applied to the treatment area to improve your comfort levels.

Should you need any further advice, or would like to book in for your next session of treatment, please call **0207 034 5999**, alternatively, you can email us at **info@phiclinic.com**