



POST-CARE INSTRUCTIONS FOR MICRONEEDLING

During the first 48 hours, refrain from exercise, saunas, hot tubs, pools and sun beds.

Avoid strong sunlight and do not use sunscreen for 48 hours post treatment.

Avoid touching your treated skin unnecessarily. Always wash your hands and make sure they are clean or use gloves before touching treated skin.

Avoid makeup for 24 hours post treatment, especially use of brushes as they carry bacteria and particles that we do not want the treated skin to be in contact with.

Avoid aggressive exfoliation or powered cleansing brushes for at least one week.

Use an ice pack to cool the skin if there is any irritation.

If your skin feels dry, use the provided hyaluronic acid gel (CIT Hyal) syringe (labelled) on the treated area. Please note: this syringe is used during treatment, if there is left over, it is provided. (TIP: refrigerate this prior to applying for a more cooling feeling.)

For further hydration and to relieve irritation post treatment, a cooling Hyaluronic acid mask is also provided which will help to calm, refresh and hydrate the skin. (TIP: refrigerate this mask prior to applying for a more cooling feeling.)

How to use kit provided:

PM – Night of treatment Routine:

1. Cleanse skin with provided cleanser (remember to wash hands with soap prior).
2. Apply provided Hyaluronic Acid ampule/dispenser (the little bottle), to open just pop the top. Leave on overnight.

AM – Next Day Morning Routine:

1. Wash the treated area with the provided cleanser (remember to wash hands with soap prior).
2. Apply provided moisturizer and leave on for the day.

PM – Evening Routine:

1. Wash the treated area with the provided cleanser (remember to wash hands with soap prior).
2. Apply provided moisturizer and leave on overnight.

Repeat the AM – Morning Routine and PM – Evening Routine till products provided are completed.

After 48 hours, start using an SPF 30–40 sunscreen for the treated area.

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