

VAN LENNEP KLINIEK



By Cosmetique Totale

Before and aftercare microneedling

Before the treatment

The following is important for the treatment result to be optimal.

- Skin should not be tanned by the sun, tanning bed or self-tanner. The result can be negatively influenced by activation of your pigment cells (melanocytes). If the skin does have some color, it is better to postpone the treatment for at least a month. If you arrive at your appointment and you are too tanned, we will have to postpone it.
- Inform us every treatment about your current product use, for example the use of self-tanner. These have a stimulating effect on your own pigment cells, and this may cause pigment spots to return and negatively affect the microneedling result.
- If you have had a treatment with another specialist elsewhere in the past 4 weeks, or 4 weeks after the last treatment, please inform us about this. During our treatments, we advise you not to combine these with other treatments. During your consultation, a tailor-made treatment plan will be provided.
- Please do not wax 1 week prior to your treatment until 4 weeks after. Use of retinol and acids is discouraged 3 days prior to treatment. Use of tretinoin (Vitamin A acid) is not recommended 3-7 days prior to treatment.
- Please inform us with every appointment if you are using new or different medication.
- Inform us in case of susceptibility to a cold sore (herpes infection) or other skin conditions. Even if it has just appeared after treatment. Sometimes we prescribe oral antiviral medication preventively in consultation. If you have an active cold sore at the time of the treatment, it needs to be postponed, or another treatment zone may be treated. Always contact us beforehand.
- Please come to your appointment without any make-up.



Preparation with products

Proper preparation of the skin is essential for safe treatment with predictable results. We will advise you in the weeks preceding the treatment to prepare the skin properly with products that stimulate cell division. This prepares the skin for treatments and, through controlled recovery of the skin, will favorably influence the result. By following the pre- and aftercare advice given and the pre- and post-home treatment (products), you will ensure the best possible aesthetic result.

- In case of tretinoin cream, you should stop using it 3-7 days before to 3-7 days after the treatment. After which you need to build up the use again.
- Preparing your skin has several benefits:
 - Your skin is balanced, which reduces the risk of dryness.
 - Your skin is accustomed to active ingredients making the treatment more effective.
 - Your recovery period is shorter. This allows us to treat more intensively and achieve a beautiful result.

During the treatment

The duration of the treatment in total is on average 15 to 60 minutes, depending on the size of the area to be treated.

- The skin is cleansed with a mild cleanser and disinfectant beforehand.
- Next, a serum is applied.
- As soon as the needles of the Dermanen touch the skin you can experience the following:
 - Stinging sensation
 - Burning sensation
 - Warmth/heat
- Small puncture bleedings may occur, which will close on its own after 10-15 minutes.
- After the treatment, a soothing and cooling mask is applied. This stays on for a few minutes.
- Finally, the skin is treated with a soothing cream and a protective SPF.
- The skin therapist will inform you which skincare products can then be used to help your skin recover faster and maintain the achieved results.



Advice and product use after the treatment

- Only 4 hours after the treatment, the skin may be cleansed with a cleanser and a calming cream may be applied.
- Avoid using acids, retinol (Vitamin A) and scrubs in the first 3 days after your treatment. The skin may react extra sensitive to these.
- Wear an SPF 50 daily.
- We do not recommend using products other than those discussed in the protocol during this process. This may affect the result.

Be extra careful:

- For 24 hours after treatment, avoid: intense exercise, hot showers, sauna, swimming and bathing. This could negatively impact the result
- Do not wax or use any other form of hair removal in the treated area throughout the duration of the treatment course.
- Once more, for all treatments, avoid too much UV exposure and apply an antioxidant and SPF 50 every day to prevent discoloration. Know that hyper- or hypopigmentation (dark and/or light spots) can occur with suntanned skin, skin that is not protected with SPF, use of some medicines or skin that is generally sensitive to pigmentation.
- The skin therapist can apply 100% mineral make-up immediately after the treatment to camouflage any redness. This allows you to resume your daily activities instantly.

In case of an emergency

If you have any questions about the treatment or about a certain reaction after your treatment, please contact us.

You can easily contact us by phone or e-mail, Monday through Saturday during openings hours. Our exact opening hours can be found on our website.



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