THEBROWCLINIC

# After Care For Micro Needling

**WHAT TO DO AFTER MICRO NEEDLING PROCEDURE**

Do not expose yourself to the sun for 2 weeks, your skin will be photosensitive and as a result will burn easily.
Do not apply any sunscreen for 24 hours
Do not use active ingredients such as Topical Vitamin A, Glycolics and Acids for 7 days
Do not wear makeup for 24 hours

**BOTOX AND FILLERS**

Botox - wait 48 hours after having Botox before having Skin Needling
Fillers – wait 2 weeks after having fillers before having Skin Needling

**USE A COOLING FACE MASK**

After you have undergone Skin Needling, you may experience some skin inflammation or redness. Using a cooling mask will help reduce the inflammation or redness of the skin, giving you more comfort.

**USE AN ANTIOXIDANT SERUM**

Antioxidant serums have properties that assist in healing the skin. Serums assist in soothing the skin and further reduce irritation.

**AVOID SWEATING**

As you sweat the pores of your skin will reopen, and the bacteria on your skin may enter the skin punctures. This can lead to a either a reaction or infection.

**DRINK WATER**

It is important to stay hydrated before and after your procedure to help your skin heal and rejuvenate faster.

**IRRITATED BROKEN SKIN**

Linseed Oil seals the breached barrier and acts as an anti inflammation

**ANTI AGEING REGIME SHOULD CONSIST OF**

Supplements (Omega 3, Glucosamine, Zinc, Multivitamin)
Topical Vitamin A
Topical Vitamin C  (stable form e.g magnesium ascorbyl phosphate)
Topical Vitamn E
Topical Antioxidants / Copper Peptides / Growth Factors
Sunscreen
Hyaluronic Acid is amazing for Hydration
D Pathenol is good for moisturising

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**ACNE CAUSING INGREDIENTS**

5 is the most pore-clogging, and 0 is the least.

You might want to reconsider your skin care products if any of these ingredients are listed in the first seven on the ingredient list of a product.

Ingredients Rating 5:
Isopropyl isostearate
Isopropyl myristate
Myristylmyristate
Laureth-4
Oleth-3

Ingredients Rating 4:
Acetylated lanolin
Acetylated lanolin alcohol
Isostearylisostearate
Myristyl lactate

Ingredients Rating 3:
Mink oil
Shark liver oil
D&C red #30
Stearic acid: TEA
Buytlstearate
Decyloleate
Isostearylneopentanoate
Wheat germ glyceride
Laureth-23

**INGREDIENTS THAT MAY CAUSE IRRITATION**

Parabens: Worst: Propylparaben, Butyleparaben, Isobutylparaben, Isopropylparaben. Moderate: Methylparaben, Ethylparaben, Polyparaben. Least:Phenoxyethylparaben, Benzylparaben.

Preservatives – Formaldehyde: Quaternium 15, Diazolidinyl Urea, Imidazolindinyl Urea, Benzyl Alcohol, Methylisothiazolinone, phenoxyethanol, BHA, BHT, Triclosan

Fragrance: Diethylhexyl, Parfum, Eugenol, Geraniol, Linalool, Citronellol, Limonene, Lemon / Lime, Orange / Tangerine, Bergamot, Lavender Oil,

Surfactants: Sodium Laureth Sulphate, Sodium Lauryl Sulphate, Ammonium Laureth Sulphate, Ammonium Lauryl Sulphate, Benzalkomium Chloride

Emulsifiers: Polethylene Glycol, Polysorbates, GlycerylMonostearate, Sodium StearoylLactylate, Sodium Stearates, SorbitanStearate, Laurate

Humectants: Ethylene Glycol, PEG – 4, Propylene Glycol, Sorbic Acid

If you have Rosacea you should avoid Hyaluronic Acid, Sodium PCA, Lactic Acid

Emollients: Petrolatum, Isoparaffin, Polybutene, Mineral Oil, Sillicone, Methicone / Dimethicone.

Acids: Gylcolic, Lactic, Malic, Citric, Tartaric, Salicylic Acid, Trichloracetic Acid, Phenol, Jessner Peel

UV Filters: PABA, Oxybenzone, Octocrylene, Octylmethoxycinnamate, Benzophenone