



## PATIENT POST MICRO-NEEDLING FORM

It is important to protect and provide extra special care for your skin for at least 3–4 days following a Dermapen 4™ procedure. Typically, patients experience 36–48 hours of mild to moderate sunburn in appearance and sensation following their treatment. Drink plenty of water and apply a medical-grade physical Sunscreen daily for a min of 7 days post-needling.

During the healing process, minor itching, hives, some flaking, tightness, inflammation/Oedema or redness may appear. If symptoms persist, please contact Cherry.

### Please avoid the following activities for up to 2 days after your Dermapen 4™ treatment:

<ul style="list-style-type: none"> <li>○ Direct ultra-violet exposure (sun and solariums/sun beds)</li> <li>○ Photo-sensitive supplements</li> </ul>	<ul style="list-style-type: none"> <li>○ Intensive cardio exercise or gym regimens</li> <li>○ Chemical sunscreens (DO USE a chemical-free sunscreen – see below)</li> </ul>	<ul style="list-style-type: none"> <li>○ Excessively hot showers, bathing, spas or sauna</li> <li>○ Do not pick, squeeze or agitate the skin during the recovery period</li> </ul>
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### Please avoid the following for up to 7 days following your Dermapen 4™ treatment:

<ul style="list-style-type: none"> <li>○ Retinoids (including, but not limited to, tretinoin, adapalene, tazarotene and retinol)</li> <li>○ Mechanical exfoliants (scrubs)</li> <li>○ Topical alcohol (including, but not limited to, isopropyl alcohol/de-natured alcohol/rubbing alcohol)</li> </ul>	<ul style="list-style-type: none"> <li>○ Hydroquinone</li> <li>○ Alpha hydroxy acids (AHAs) (including, but not limited to, glycolic, lactic or malic acid)</li> <li>○ Swimming in chlorinated pools or the ocean</li> </ul>	<ul style="list-style-type: none"> <li>○ Benzoyl peroxide</li> <li>○ Bleaching agents</li> </ul>
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**Please avoid the following up to 2 weeks post Dermapen 4™ treatment:**

- Colouring your hair (including Highlights/bleach) including lash and brow tinting.
- Waxing/threading or facial bleaching
- Self-tanning products
- Botox

**Please avoid the following for at least 4/6 weeks post Dermapen 4™ treatment:**

- Further aesthetic resurfacing treatments, including, but not limited to, microdermabrasion, laser, intense pulsed light, chemical peels,
- Tattooing (including cosmetic tattooing)
- Dermal fillers

**It is recommended to only use skincare that Cherry has recommended for your post-needling care. for a minimum of 4 days.**

- Cleanse:** AlumierMD SensiCalm
- Serum:** From day 3 AlumierMD Ultimate Boost
- Correct/Moisturise:** AlumierMD recovery balm
- Protect:** AlumierMD Sheer hydration SPF 40 (untinted)
- Cover :** Dp Dermaceuticals COVER RECOVER delivers a broad spectrum SPF30 or mineral makeup eg Jane Iredale.

**AlumierMD** products can be ordered on my private portal.

Click here to register <https://www.alumiermd.co.uk/join?code=DBD70862>

**If in doubt with any of the above activities or products, please call Cherry Woods.**

**For any isolated, adverse reactions, seek medical assistance.**