



COLLAGEN INDUCTION THERAPY PRE & POST CARE

PRE CARE - PLEASE READ FULLY

Regeneration treatments such as microneedling, collagen induction therapy, scar revision, and hair or brow rejuvenation stimulate the skin's natural repair processes. Proper preparation and aftercare are essential to ensure optimal results and minimise risks such as infection, irritation, or post-inflammatory pigmentation.

PRE CARE: (3-7 DAYS BEFORE)

Clients should avoid:

- Retinol or Vitamin A products
- Strong exfoliating acids (AHAs, BHAs, glycolic, salicylic)
- Chemical peels
- Waxing, threading, or electrolysis in the treatment area
- Sunbeds or excessive sun exposure
- Anti-inflammatory medications where possible

ON THE NIGHT BEFORE & DAY OF YOUR TREATMENT

Avoid:

- Alcohol
- Excessive caffeine
- Intense exercise
- Blood-thinning supplements (unless medically necessary)

Examples include: Fish oil, High-dose Vitamin E, Aspirin

Skin Preparation

You should arrive with:

- Clean skin
- No makeup, fake tan, or heavy skincare
- No active infection or open wounds

Treatment should be postponed if the you have:

- Active acne
- Cold sores
- Skin infection

AFTERCARE: FIRST 24 HOURS

The skin will appear red, warm, or slightly swollen. This is a normal inflammatory healing response.

You should:

Keep skin clean

Avoid touching the area unnecessarily

Avoid:

Make up

Heat

Sweating

Saunas or steam rooms

Swimming pools

Direct sun exposure

Retinol

Acids

Exfoliation

Active skincare products

For scalp or brow treatments

Avoid for 24 hours:

Washing the hair

Heavy styling products

Hair dyes or chemical treatments

After 24 hours:

Gentle washing is permitted

Hair growth serums may be used if recommended

Avoid harsh scalp treatments for 3-5 days.

24 - 72 HOURS AFTER

Clients may experience:

Mild dryness

Light flaking

Tightness

You should:

Use a gentle cleanser

Apply hydrating serum and barrier repair cream

Apply broad-spectrum SPF daily

Avoid:

Retinol

Acids

Exfoliation

Active skincare products

3 - 7 DAYS AFTER

Skin should begin to feel smoother and more hydrated.

You may resume normal skincare gradually but should still avoid:

Strong exfoliation

Aggressive treatments

Sun exposure without SPF

Questions or concerns?

Please don't hesitate to contact your practitioner about your treatment or healing process, we are always here to help

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