

Microneedling Pre-Treatment Advice

XCELLARISPRO TWIST Microneedling System

At Chiswick Clinic, we want you to achieve the best possible results from your microneedling treatment. To support your skin's healing and ensure optimal outcomes, please follow the pre-treatment guidance below carefully:

1. Schedule a Consultation

Before your first microneedling session, book a consultation with our qualified practitioner. This allows us to assess your skin, understand your goals, and determine whether microneedling is the most appropriate treatment for you.

2. Avoid Sun Exposure

Minimise direct sun exposure for at least **two weeks prior to treatment**. Tanned or sunburnt skin increases the risk of irritation or pigment changes following microneedling.

3. Pause Certain Skincare Products

Avoid using **active topical products** such as retinol, AHAs, BHAs, and Vitamin C serums on the treatment area **for 3–5 days before your appointment**, unless otherwise advised.

4. No Makeup on the Day

Please arrive for your appointment with clean, makeup-free skin. If makeup has been worn that day, it must be thoroughly removed before your treatment can begin.

5. Keep Skin Hydrated

Hydrated skin responds better to microneedling. In the days leading up to treatment, increase your water intake and use a gentle moisturiser to maintain skin hydration.

6. Medication Considerations

Let us know if you are taking any of the following:

- **Anticoagulants or blood thinners**
- **Corticosteroids**
- **Antibiotics that increase UV sensitivity (e.g. Tetracycline)**

These may increase the risk of bleeding, delayed healing, or pigmentation changes. You may be asked to postpone your treatment.

7. No Recent Aesthetic Procedures

Avoid facial treatments such as laser, chemical peels, radiofrequency, waxing, or depilatory creams for **at least 1–2 weeks** before your microneedling session.

If you have any questions or concerns about your suitability for treatment or pre-care instructions, please contact our team. We're here to ensure your treatment is safe, effective, and tailored to your individual needs. **Chiswick Clinic**