

## 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.

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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**