

the
SKIN
nurse

CORRECTIVE PEEL

Pre Treatment

For 7 days prior to your treatment:

- Avoid excessive sun and wind exposure
- Avoid vitamin A/ Retinol skincare products
- Avoid AHAs/BHAs
- Ensure good health and stay hydrated

Post Treatment

For 5-7 days following your treatment:

- Keep skin hydrated
- Avoid sun exposure - wear minimum SPF 30 daily
- Avoid saunas
- Avoid vitamin A/ Retinol skincare products
- Do not use exfoliation products
- Do not use products containing AHAs/BHAs
- Avoid anti-wrinkle injections or dermal fillers
- Avoid having any type of skin treatment for at least 2 weeks
- Do not shave or wax the area that has been treated
- Do not scratch, pick or pull at the treated skin

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EPIBLADING

Pre Treatment

For 7 days prior to your treatment:

- Avoid excessive sun and wind exposure
- Avoid vitamin A/ Retinol skincare products
- Avoid AHAs/BHAs
- Ensure good health and stay hydrated
- There is a small chance that a treatment may induce an outbreak of facial cold sores in patients with previous history of cold sores - we advise you take a preventative antiviral prior to treatment if you have a history of coldsores.

Post Treatment

For 5-7 days following your treatment:

- Keep skin hydrated
- Avoid sun exposure - wear minimum SPF 30 daily
- Avoid saunas
- Avoid vitamin A/ Retinol skincare products
- Do not use exfoliation products
- Do not use products containing AHAs/BHAs
- Avoid having any type of skin treatment for at least 2 weeks
- Do not shave or wax the area that has been treated for at least 2 weeks
- Do not scratch, pick or pull at the treated skin

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HYDRAFACIAL
HALO'GLOW

Pre Treatment

For 7 days prior to your treatment:

- Avoid excessive sun and wind exposure
- Avoid vitamin A/ Retinol skincare products
- Avoid AHAs/BHAs
- Ensure good health and stay hydrated

Post Treatment

For 5-7 days following your treatment:

- Keep skin hydrated
- Avoid sun exposure - wear minimum SPF 30 daily
- Avoid saunas
- Avoid vitamin A/ Retinol skincare products
- Do not use exfoliation products
- Do not use products containing AHAs/BHAs
- Avoid anti-wrinkle injections or dermal fillers
- Avoid having any type of skin treatment for at least 2 weeks
- Do not shave or wax the area that has been treated
- Do not scratch, pick or pull at the treated skin

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SKINPEN NEEDLING

Pre Treatment

7 days prior to your treatment:

- Avoid excessive sun and wind exposure
- Avoid Vitamin A/ Retinol skincare products
- Avoid AHAs/ BHAs
- Ensure good health and stay hydrated
- There is a small chance that a treatment may induce an outbreak of facial cold sores in patients with previous history of cold sores - we advise you take a preventative antiviral prior to treatment if you have a history of coldsores.

Post Treatment

For 5-7 days following your SkinPen Treatment:

- Use your post treatment serum as directed by your Skin Nurse
- Avoid sun exposure - wear minimum SPF 30 daily
- Avoid applying makeup for 48 hours. Mineral makeup can be used 24 hours post treatment
- Only apply skincare products prescribed by your Skin Nurse
- Avoid hot showers and saunas
- Do not exfoliate
- Avoid highly fragranced products
- Avoid high intensity exercise
- Do not use Vitamin A/ Retinol skincare products
- Do not use products containing AHAs and BHAs
- Avoid anti-wrinkle treatments and dermal fillers
- Do not have skin treatments of any kind
- Do not shave or wax the area of treatment
- Do not scratch, pick or pull at the treated skin

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PRP

Pre Treatment

5-7 days prior to your treatment:

- Stop taking supplements that increase bruising and bleeding: Green Tea, Omega Supplements (Fish Oil), Evening Primrose Oil, Garlic, Echinacea, St. Johns Wort, Vitamin E.
- There is a small chance that a treatment may induce an outbreak of facial cold sores in patients with previous history of cold sores - we advise you take a preventative antiviral prior to treatment if you have a history of coldsores.
- Stop taking medications that increase bruising and bleeding such as non-steroidal anti-inflammatories after consulting your medical practitioner: Nurofen (Ibuprofen), Voltaren (Diclofenac), Naprogesic (Naproxen), Aspirin (Acetylsalicyclic Acid).
- Keep hydrated by drinking plenty of water leading up to and after the appointment of your procedure.

Post Treatment

- Patience is required: swelling may be present for 24-48 hours. The swelling will subside, sleeping elevated will help.
- Avoid touching your face for at least two hours to allow injection sites to heal over.
- Wash your hands before touching injected areas to avoid introducing external infection.
- Gently massage area with a bland moisturiser to help with lymphatic drainage.
- Your treated area will feel a bit tender for a few days. Keep the area free of oil based products, heavy cosmetics and thick moisturisers for at least 24 hours.
- Bruising may be reduced by the use of Arnica tablets.
- Avoid exposure to prolonged UV sunlight, rigorous exercise, saunas, hot baths and excessive amounts of alcohol, as this will increase the swelling and the possibility of bruising.
- A follow up review at 2 weeks with your Skin Nurse is recommended to follow up your results.

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MORPHEUS 8
SYLFIRM X

Pre Treatment

- Avoid active skincare for 2-3 days prior to treatment such as AHA, BHA or Retinol.
- There is a small chance that a treatment may induce an outbreak of facial cold sores in patients with previous history of cold sores - we advise you take a preventative antiviral prior to treatment if you have a history of coldsores.
- Areas of dental crowns, caps, braces or other metal dental implants may be more sensitive to treat and the clinical may use dental rolls, gauze or a tongue depressor to isolate the area and make the treatment more comfortable.
- You may take Arnica tablets 2-3 days prior to reduce the risk of bruising.
- Avoid taking aspirin, anticoagulant drugs and essential fatty acids (fish oils) for 24 hours before treatment or as directed by your Skin Nurse.

Post Treatment

- Avoid heat inducing activities for 24-48 hours post treatment (avoid hot baths, massage, sun and UV exposure, excessive sweating)
- AVOID UV exposure - wear minimum SPF 30 daily
- Leave Stratacel on your skin for 24 hours post treatment or as directed by your Skin Nurse
- Discontinue use of over stimulating active ingredients on the treatment area from 5-7 days (AHA, BHA, Retinol)
- Antihistamine can be used to aid itchy skin in healing phase
- Basic cleanser, moisturiser or clinic recommended post procedure cream/ serum/ SPF only for the first 1-3 days - use only products as prescribed by your Skin Nurse
- Avoid touching the face post Morpheus8 until micro wounds have closed and inflammation has subsided.
- Do not pick or pull at micro scabs, keep skin hydrating to assist healing.
- Healing on the body can take up to 30 days (Grid marks can still be visible)

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BBL FOREVER YOUNG/FOREVER CLEAR & SKINTYTE

Pre Treatment

7 days prior to your treatment:

- Avoid excessive sun and wind exposure
- Avoid Vitamin A/ Retinol skincare products
- Avoid AHAs/ BHAs
- Ensure good health and stay hydrated
- There is a small chance that a treatment may induce an outbreak of facial cold sores in patients with previous history of cold sores - we advise you take a preventative antiviral prior to treatment if you have a history of coldsores.
- AVOID UV exposure - we cannot treat you if you have sunburned or sun exposed skin (termination charge will apply)
- AVOID self tanning lotions - we cannot treat you if you have ANY remnants of self tanning products on the area being treated (termination charge will apply)

Post Treatment

For 5-7 days following your skin needling treatment:

- Please use cold compresses if the skin feels warm and uncomfortable.
- If crusting/ miloing (brown 'milo' like spots) occurs please avoid picking – this will naturally shed on its own after 5-7days for the face and 1-3 weeks for the body.
- Avoid swimming in chlorine or heat-inducing activities for 24-48hrs.
 - Use bland moisturiser or cleanser until the skin heals. Nothing with high strength active ingredients and no exfoliation of the skin for 1 week.
 - Use only products prescribed by your Skin Nurse.
 - Avoid heavy oil based products, heavy cosmetics and thick moisturizer for the first 24 hours so that the excess heat may escape. Avoid AHA (Glycolic/Lactic), BHA (Salicylic), Vitamin A (Retinol) etc.
 - **MUST** Apply SPF 50+ daily and reapply in the afternoon if going out again. This is a **non-negotiable step** following all treatments due to increased photosensitivity (sun sensitivity)
 - Avoid exposure to prolonged sunlight between treatments and for 3 months after.
 - Swelling may occur post treatment and may last up to 14 days

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