



Dermaforce

ADVANCED RADIOFREQUENCY MICRONEEDLING

PRE AND POST TREATMENT  
guidance

# 3D Dermaforce pre and post treatment care

## PRE TREATMENT ADVICE

### ONE WEEK PRIOR

- Apply anti-viral cream if prone to cold sores.

### 3 DAYS BEFORE

- Stop using 'active' skincare (ie. AHA, BHA, Retinol (Vitamin A)).
- Avoid direct sun exposure.
- Excessive facial hair, beards and moustaches need to be clean shaven prior to treatment. Avoid use of aftershaves and perfumes on treatment area.

### EXPECTED SIDE EFFECTS\*

- Redness • Bruising
- Swelling and dryness

*\* If you experience any other side effects after your treatment, please contact your clinic therapist.*

## POST TREATMENT CARE

- Avoid direct sunlight for 24 hours, and no sunbeds during your Dermaforce course.
- Do not apply spray tan or self-tan for 2–3 weeks post treatment.
- Use 3D sunscreen.
- Keep skin dry for 24 hours and avoid scratching
- Avoid active skincare for 3–5 days after treatment.
- No swimming for 24 hours
- No exercise or strenuous activity that will cause sweating.

## POST TREATMENT SUGGESTIONS

- Use a clean pillowcase.
- Use hydrating and anti-inflammatory skincare.
- Avoid touching skin directly after treatment.
- Avoid non-mineral makeup for 24 hours.
- Avoid swimming, hot tubs, saunas and active exercise for 48 hours.
- Consider the environment. Hot, humid conditions can contribute to excess inflammation.
- Avoid shaving area for 24–48 hours.

- Avoid heat or steam (ie. cooking/hot shower).
- Do not allow pets to lick the skin.
- Face masks should be disposed of and not reused.
- Do not pick flaky skin.
- Drink plenty of water.



## POST TREATMENT INFORMATION

- **Up to 24 hours:** you will possibly experience erythema and mild swelling.
- **2–3 days:** reduced erythema and minor skin dryness and flaking.
- **3–4 days:** potential dryness.
- **4–5 days:** full recovery.
- **4–6 weeks:** improvement in collagen health visible.
- **NOTE:** 3D Multi-Peptide Serum and 3D Multi-Peptide Cream are recommended for home use.



[www.3d-aesthetics.co.uk](http://www.3d-aesthetics.co.uk)

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