

Thank you for choosing AFA Elite Needling Services!

To achieve the best results and ensure your safety and satisfaction, please carefully follow these pre and post-care instructions.

If you have any questions or concerns, don't hesitate to contact us @ 799-3223, via call or Whatsapp.

Pre-Treatment Care

Avoid Sun Exposure: Limit sun exposure and avoid tanning (natural or artificial) for at least 7 days prior to your treatment. Use a broad-spectrum SPF 30+ daily.

Discontinue Certain Products: Stop using retinoids, retinols, AHAs/BHAs, and other exfoliating products 5–7 days prior to your appointment. Avoid using active ingredients like vitamin C, benzoyl peroxide, or salicylic acid.

Avoid Skin Treatments: Refrain from laser treatments, waxing, or threading on the treatment area for at least 1 week before your session.

No Makeup or Heavy Skincare on Treatment Day: Please arrive with clean skin or minimal makeup. We provide a pre-cleanse in your service for you but heavy makeup removal will cut into treatment time.

Health Considerations: Inform us if you are pregnant, breastfeeding, undergoing medical treatments, taking new medications or if anything has changed from your consultation regarding health or skincare.

Post-Treatment Care

Immediate Aftercare: Avoid touching or applying anything to your face for the first 12 hours. Do not apply makeup or skincare products immediately after your treatment. Wipe your glasses with an alcohol wipe if you need to wear them post service.

Hydrate and Protect: Use the recommended post-treatment skincare products (DermaQuest; B5 or Stem Cell Rebuilding Complex) or other gentle, hydrating formulations as approved by your provider. Apply a broad-spectrum, physical SPF 30+ daily to protect your skin from UV damage. (DermaQuest; Sheer Zinc 30)

Avoid Heat and Sweat: For 24–48 hours, avoid excessive heat, saunas, hot showers, intense exercise, and swimming.

Minimize Sun Exposure: Limit sun exposure for 1–2 weeks post-treatment and wear protective clothing and hats when outdoors.

Do Not Exfoliate: Avoid exfoliating your skin (physical or chemical) for at least 7 days post-treatment. Let your skin naturally heal and shed.

Avoid Irritating Products: Refrain from using retinoids, acids, or other active skincare ingredients for 7–10 days post-treatment. Stick to calming, soothing, and hydrating skincare.

No Picking or Scratching: Mild redness, dryness, or flaking is normal. Allow your skin to recover naturally—do not pick or scratch or 'wet rub' your skin.

Stay Hydrated: Drink plenty of water to support your skin's recovery and optimize results!

What to Expect After Treatment

Day 1–3: Mild redness, tightness, or sensitivity may occur. This is normal and should subside quickly.

Day 3–7: Your skin may feel slightly rough or flaky as it heals. Be patient and follow the post-care instructions for a smooth recovery.

Day 7+: Your skin will feel smoother, look more radiant, and begin to reveal the full benefits of the treatment.

Week 3-4: You will notice a more permanent improvement to the target of your treatment. More firmness, improvement in fine lines and wrinkles, reduced texture, improved hyperpigmentation, and/or less noticeable scarring.

When to Contact Us

Contact us immediately if you experience:

- Prolonged redness or irritation (lasting beyond 72 hours).
- Signs of infection (pus, unusual swelling, or excessive discomfort).
- Any other concerns or questions about your recovery.

Your journey to glowing, rejuvenated skin begins here!

Thank you for trusting Aboutface Aesthetics & Wellness to help you on your way. We can't wait to see your beautiful results!