



YASS VALLEY

DAY SPA

Collagen Induction Therapy (Skin Needling)

All treatments involve a mandatory consultation prior to arrival for your appointment, which allows for any tailoring required to your treatment as well as any health or physical restrictions that may affect you receiving your treatment.

How do I prepare for the treatment?

- Be aware that fish oils, vitamin E & Ginkgo Biloba may cause additional inflammation and/or bleeding
- In consultation with your GP, Asprin, anti-inflammatory medication and antihistamines are recommended to be avoided 2 weeks prior to your scheduled appointment
- Laser appointments and any hair removal treatments should also be avoided within a week of your scheduled appointment
- All forms of Vitamin A should be avoided within 3 days of your scheduled appointment
- If you have a history of the herpes simplex virus (i.e.: cold sores) it is recommended to take an anti-viral treatment in the days leading upto your appointment
- Ensure you are not receiving any anti-wrinkle injections/fillers within 2 weeks of your scheduled appointment
- Ensure you have no active sun damage
- On the day of the appointment, avoid makeup and arrive with a clean skin

What do I need to do after my treatment?

- You will be given a take home pack and it is critical you only use products that have been recommended to you and/or are in the pack
- Avoid using anti-inflammatory medication (where safe to do so) & avoid ice on your skin
- Avoiding the sun where possible for a minimum of 2 weeks and wearing a wide-brim hat and preferably a physical SPF/Zinc

Day 1-3:

- Your skin may feel very tight, sore and sensitive – this is all normal
- You may also have some bruising, swelling and redness – again all normal
- Follow the instructions given to you in your take home pack only

Day 3-7:

- Your skin may now be peeling and the tightness still lingering, continue to allow your skin to heal naturally
- Continue being regimented with your take home pack and your sun protection

Day 7+:

- An LED session is now recommended at YVDS & at this point we will discuss what products you may now use (generally you should be able to return to your normal skincare regime).
- Remember results will continue to form throughout the 12 months of the treatment and your skin specialist will talk to you about the frequency of treatments right for you.

Still have questions?

Please call or email us further to discuss.

Yass Valley Day Spa

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