

Thank you for choosing the **Vampire Facial** (PRP Microneedling). This treatment uses your body's own platelet-rich plasma, combined with microneedling, to stimulate collagen production, improve skin texture, and promote a youthful glow. Proper aftercare is essential to maximise results and minimise complications.

Immediately After Treatment

Redness and Warmth

- It is normal for your skin to appear red (similar to sunburn) and feel warm for 1–2 days.
- Mild swelling and sensitivity may also occur.

Tiny Pinprick Marks

- Small pinpoint marks may be visible; these will fade as your skin heals.

Avoid Touching the Skin

- Keep your hands clean and avoid touching or scratching the treated area for the first 24 hours.
-

For the First 24–48 Hours

No Makeup

- Do not apply makeup for the first 24 hours to allow your skin to heal and to reduce the risk of infection.

Avoid Sun Exposure

- Keep out of direct sunlight. Wear a wide-brimmed hat if outdoors.

Cleansing

- Use only lukewarm water to rinse your face for the first 24 hours. Avoid cleansers, exfoliants, or active products until advised.

Moisturising

- Apply the post-treatment serum or cream provided by your practitioner to keep the skin hydrated.

Avoid Excessive Heat

- Do not use saunas, steam rooms, or hot baths.
-

For the First Week

Gentle Skincare

- After 24 hours, cleanse with a mild, non-perfumed cleanser. Avoid scrubs, retinol, and acids (AHAs/BHAs) for at least 5–7 days.

Sun Protection

- Apply a broad-spectrum SPF 30 or higher daily to protect healing skin.

No Swimming or Heavy Exercise

- Avoid chlorinated pools, saltwater, and intense workouts for 48 hours.

Skin Changes

- Mild flaking or peeling may occur — do not pick at your skin.
-

Common Side Effects

- Redness, mild swelling, and sensitivity.

- Temporary dryness or flaking.
 - Slight bruising from blood draw or microneedling.
-

When to Contact Us Immediately

- Severe pain or swelling that worsens instead of improving.
 - Signs of infection (increasing redness, heat, pus, or fever).
 - Allergic reaction symptoms such as hives or difficulty breathing.
-

Long-Term Care

- Maintain a consistent skincare routine with gentle cleansing, hydration, and sun protection.
- For best results, a series of treatments may be recommended.
- Avoid smoking and maintain a healthy lifestyle to support collagen production.

It is essential that you have read all of the information available. Please let your practitioner know if you have any questions or if you do not understand any of the aftercare instructions provided below.

I confirm that I have read and understood all the information on this Form and that I have been given the opportunity to ask any questions that have come to mind throughout.