

Microcurrent Therapy Aftercare Instructions

To maximise the benefits of your microcurrent therapy session and ensure the best results, please follow these aftercare instructions:

1. Stay Hydrated

Drink plenty of water following your treatment. Proper hydration is essential to support cellular regeneration and improve lymphatic drainage.

2. Protect Your Skin

- Apply sunscreen with SPF 30 or higher, especially if you will be exposed to the sun. Microcurrent therapy increases circulation, making your skin more sensitive to UV rays.
- Avoid direct sun exposure for at least 48 hours after treatment to protect the skin.

3. Avoid Harsh Products

- Do not use exfoliants, retinol, or strong acids (e.g., glycolic acid) on your face for at least 24–48 hours after the treatment. These products may irritate your skin.
- Stick to gentle, hydrating skincare products during this period.

4. Avoid Heat and Excessive Sweating

Avoid hot showers, saunas, steam rooms, or any activity that causes excessive sweating for 24 hours. Heat can increase skin sensitivity post-treatment.

5. Avoid Make-Up (Optional)

If possible, refrain from applying make-up for at least 24 hours to allow your skin to breathe and fully absorb the benefits of the treatment.

6. Follow-Up Treatments

For optimal results, microcurrent therapy is typically performed in a series of sessions. Follow your practitioner's recommendations for scheduling follow-ups to maintain and enhance the benefits.

7. Lifestyle Tips

Maintain a healthy diet and exercise routine to support overall skin health and circulation. Consider incorporating at-home tools or skincare products recommended by your practitioner to extend the effects of the treatment.

When to Contact Your Practitioner

If you experience prolonged redness, irritation, or discomfort, please contact your practitioner immediately for advice. These symptoms are uncommon and usually resolve quickly.

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.

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.