

SKIN PEN TREATMENT GUIDELINES

SkinPen (microneedling) procedures allow for controlled induction of the skin's self-repair mechanism by creating micro "injuries" in the skin, which triggers new collagen repair and/or synthesis. The result is smoother, younger-looking skin. Results from SkinPen treatments generally become visible within 1-6 weeks following the treatment. Most people notice healthier looking skin immediately. The natural repair process of the skin continues to progress over the course of several weeks. Dermal collagen remodeling take place over time and it will continue to improve for up to 6 months after treatment(s).

Pre-treatment Guidelines

ONE week before treatment

- **Stay out of direct sun exposure.** Avoid/minimize sun exposure and use broad spectrum sunscreen (SPF 30+) for 1 week before procedure. Physical blocks, such as a hat, scarf, and sunglasses should be used, as needed.
- **Stop using sunless tanning products.** Allow 48 hours after spray or self-tanning lotions prior to your treatment.
- **Medications.** Please inform us if you are taking any new antibiotics (tetracycline, doxycycline, etc.) as certain medications can make you more photosensitive. We are not able to treat you until 2 weeks after your last dose of the antibiotic. You cannot receive treatment if you have taken Accutane within the past 6 months.

ONE DAY before treatment

- Avoid direct sun exposure 24 hours before procedure.
- **Stop using** Retin-A, Tretinoin, Retinol, Triluma, Differin, Tazorac, hydroquinone, benzoyl peroxide, glycolic/salicylic acids for 24 hours prior to procedure.
- Clients with a recurrent history of herpes simplex ("cold sores or fever blisters") should start taking oral anti-viral medications if the upper lip, mouth or chin area will be treated. Please call our office so that we may call in a prescription for you.
- This procedure may not be performed on active breakouts or open sores. If you have an active cold sore or skin infection in your treatment area, please call our office to reschedule.

THE DAY of treatment

- You may take Tylenol 30 minutes before your treatment. Please avoid Aspirin, Motrin, Advil, Aleve, Ibuprofen & Vitamin E as these medications can increase the risk of bruising/pinpoint bleeding.

Post-treatment INSTRUCTIONS

After treatment, your skin will be pink/red similar to the appearance of a mild sunburn for 24-48 hours following SkinPen procedure. To achieve optimal results:

- Use only Skinfuse post-care products LIFT and RESCUE provided in your SkinPen Treatment kit for the next 24 hours.
- Cleanse with gentle, mild hypoallergenic moisturizing cleanser. Use your fingertips. **DO NOT** use a washcloth or Clarisonic cleansing brush for the next 24-hrs.
- Strictly avoid sun exposure as you will **not** be wearing sunscreen! You may return to sunscreen use 24 hours following your procedure. Continue to minimize sun exposure for 1 week following your procedure.
- Avoid use of any topical products not provided by our office during the 24-hr healing phase following this procedure. This includes but is not limited to cosmetics, sunscreens, moisturizers.
- Avoid hot tubs, saunas, steam rooms, strenuous exercise or excessive perspiration, as excess blood flow and sweat can cause discomfort and irritation to compromised skin during the 24-hr healing phase.
- Make-up may be applied **AFTER** the 24-hour healing period.
- Wait at least 7 days to resume using Retin-A, Tretinoin, Retinol, Triluma, Differin, Tazorac, hydroquinone, benzoyl peroxide, glycolic/salicylic acids.
- Do not wax, tweeze or use depilatory to the treated areas for a few days after your treatment as this can irritate your skin.
- Occasionally, some peeling/flaking may be present for a few days following procedure. Apply moisturizer to promote hydration. Do not pick, peel or abrade the flaking skin.