



## SkinPen Microneedling Information Sheet

### Pre- treatment

- Retinol, Retina, acid containing products and Vitamin A should be stopped 7 days prior to treatment.
- Avoid self tanners for 48 hours prior to treatment.
- Avoid sun exposure at least 2 weeks prior to treatment.
- Reschedule your appointment if you have a sunburn, cold sore or open wound in the area to be treated.
- Accutane must be stopped 12 months prior.
- Microneedling should not be performed on pregnant or lactating women.
- Avoid aspirin, NSAIDs, St. John's Wort, Vitamin E, and fish oil 7 days before your treatment.
- Avoid alcohol 3 days before your treatment.
- Wait 2 weeks after your Botox treatment or six weeks after your filler treatment before scheduling SkinPen.

### Post- treatment first 24 hours

- Skinfuse Lift Hg will be applied before you leave the office for skin hydration.
- Continue Skinfuse Lift Hg as needed for hydration and discomfort.
- Vinegar soaks are recommended for the first 24 hours to help with stinging sensation. Mix 1 teaspoon of white vinegar with 1 cup of cool water. Soak clean wash cloth in solution, ring out and apply to the treated area.
- Avoid sun exposure, exercise and sweating.
- You may take Tylenol as needed for discomfort.
- Do not apply any other products to skin except Lift Hg and vinegar soaks for 24 hours.

### Post- treatment day 2-7

- Start using Skinfuse Rescue for continued hydration.
- Minimize sun exposure for 3 additional days after treatment.
- May resume makeup routine on day 2.

- Wash with a gentle cleanser like Skin Medica's Facial cleanser using just your fingertips starting on day 2.
- May resume normal skin care products (Skin Medica) on day 5. We recommend the TNS Advanced Serum, Lumivive or Vitamin C & E, and Ultrasheer Moisturizer. You may resume Retinol products starting on day 7. We can customize a skin regimen for you.

### What to expect

- You may need to take time off of work during your recovery period at your discretion.
- Healing may take up to 7 days with mild to moderate flaking and/or peeling of the treated area. Never pick the area, it may lead to infection. Instead you should gently exfoliate with a wash cloth.
- Darker skin tones should be slowly acclimated to the treatment. Conservative treatment that moves slowly provides the best results
- Some people may develop dark or light spots in the area treated.
- Improvement may become noticeable a few days after the first treatment. Some patients do not notice an improvement until after a few treatments have been performed and a small percentage of patients do not respond to the treatment at all.
- Treatments are provided four to six weeks apart.
- Several treatments will be necessary to achieve optimal results.
- The clinical result, as well as the optimal number of treatments, varies from one individual to another.