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## **SkinPen Pre and Post Treatment Instructions**

### **PRE TREATMENT**

- For best treatment results, increased hydration (water) is required 3 days prior to microneedling.
- Discontinue the use of topical products containing AHAs, Retinol or Vitamin A for 24 hours prior.
- Avoid Aspirin, vitamin E, Fish Oils, and Ginkgo Biloba for one week prior to treatment.
- If using Accutane, a 6-month waiting period after discontinuation of medication is required.
- If you are prone to herpes simplex outbreaks, such as cold sores, consider taking your antiviral prescription medication (Valacyclovir) prior to procedure as a preventative measure.
- If your face or treatment area has irritated skin (sunburn, open wounds, sores) the day preceding your appointment, please contact our office immediately.
- This procedure may not be performed on active breakouts or open lesions. Notify our clinic if you have an acne flare 48 hours prior to your microneedling procedure to address any such issues.
- Wait at least six months post isotretinoin use before your procedure, as isotretinoin use may impair proper wound healing.
- Stop Laser Hair Removal, Electrolysis, Waxing, and Depilatory creams one week prior to treatment.
- No spray or self-tanning lotions on treatment areas for 1 week prior to your procedure.
- Avoid sun exposure for 24 hours prior to the procedure.
- Avoid anti-histamine and inflammatory drugs once week prior to treatment. These negate the effects of the procedure. The body's histamine and inflammatory responses are needed post procedure.
- If you are on autoimmune therapy, discuss with your provider during your consultation.

## **CONTRAINDICATIONS**

### Absolute Contraindications

- Scleroderma
- Collagen vascular diseases
- Cardiac abnormalities
- Rosacea
- Blood clotting problems, platelet abnormalities, anticoagulation therapy (i.e. Warfarin)
- Facial cancer, past and present, chemotherapy
- Steroid therapy
- Dermatological disease affecting the face (i.e. Porphyria)
- Diabetes and other chronic conditions
- Active bacterial or fungal infections
- Immune-suppression
- Scars less than 6 months old
- Facial fillers in the past 2-4 weeks.

### Precautions

- Keloid or raised scarring
- Eczema, psoriasis
- Actinic keratosis
- Raised moles
- Herpes simplex.
- Treatment is not recommended for patients who are pregnant or nursing.

## **POST TREATMENT**

- The treated area may be pink and mildly inflamed (similar to the appearance of a sunburn) for 48 hours following your SkinPen microneedling procedure.
- 24 hours post-procedure, keep your skin CLEAN of cosmetics or sunscreen. Avoid dust, dirt or pets.
- Strictly avoid sun exposure, as you will not be wearing sunscreen. You may return to sunscreen use 24 hours following the procedure. Continue to minimize sun exposure for 72 hours following the procedure. DO NOT go outside without sun protection (even on a cloudy day).
- Avoid direct sun and heat for one week. This includes simple day-to-day tasks such as gardening, cooking over a hot stove for a long period of time, exercise that heats up the body, sitting next to a bonfire or fireplace, etc.
- Avoid strenuous exercise or excessive perspiration, as excess blood flow and sweat can cause discomfort and irritation to compromised skin for 72 hours.
- First 24 hours, filtered water may be spritzed or splashed onto the treated area (allowed to air dry) as needed.

- Skinfuse Lift HG (provided) may be applied frequently following the procedure to assist with hydration, up to 24 hours post-procedure.
- If AnteAge StemGF Cells are utilized during your procedure, apply the remaining vial to your treated area every 30-40 minutes following the procedure.
- Unexpected complications may occur when products not proven safe for use with microneedling are applied post-procedure. Ingredients to AVOID: Exfoliants, Parabens, Sulphates, Glycol, Citrus-derived preservatives, Dyes, Fragrance, Petrolatum and Mineral Oil.
- Day 1 - Twice daily wash area with gentle cleanser & pat dry, then apply moisturizer frequently. Recommended AnteAge MD AfterCare Kit or Koru Pure Cleanser and Kahu Age Defying Complex.
- Day 2 - Return to your specific skincare regimen and cosmetics. Caution the use of AHAs, Retinol or Vitamin A if it increases redness or irritation, recommended to wait one week.
- You may experience peeling and dryness starting on day 3 and lasting until day 5 - 7. No scratching or peeling.
- You may resume your home care regimen when skin is no longer flaking and peeling.
- Drink plenty of water.

## **EXPECTATIONS**

- Immediate pinpoint bleeding may occur, which will resolve within 10 minutes.
- Moderate redness and swelling will occur for 1-2 days.
- Minor peeling and flakiness will occur after a few days. Don't pick at the loose skin.
- Call our office if you experience excessive redness, swelling, pain or drainage as they might indicate an infection.

I understand that these pre/post care instructions are important to my overall treatment. I agree that I have read and understand what is required of me before and following my treatment.