

Before/After Care Instructions for SkinPen Precision System Microneedling

Contraindications: *(This treatment will **NOT** be performed for anyone with the listed below contraindications)*

- Have active skin cancer in the treatment area
- Have open wounds, sores, or irritated skin in the treatment area
- Have active acne
- **Have an allergy to stainless steel or anesthetics**
- Have a hemorrhagic (Bleeding) disorder or hemostatic (bleeding) dysfunction
- Are pregnant or nursing
- Are currently taking any drugs with the ingredient isotretinoin (Such as Accutane)

***Please notify your provider of any changes to your health history or medications prior to your appointment**

(*Intended to be used on adults age 22 years and older)

Before your appointment

- Avoid excessive sun exposure/burns 24hrs prior to the procedure
- Discontinue use of topical retinoids 24 hours prior to procedure
- Avoid alcohol intake 24hrs prior to scheduled Treatment (This can increase swelling, bleeding, irritation)
- Wait 6 months following oral isotretinoin (Accutane)
- Avoid Anti-inflammatory medication such as: Advil, ibuprofen, motrin, 72 hours prior to scheduled treatment
- Please try to come with clean skin, free of makeup and products
- Avoid blood thinning medication 1 week prior to Scheduled appointment (can increase chance of bruising)

After your appointment

- Avoid anti-inflammatory medication such as: Advil, Motrin, Ibuprofen to not interrupt the skins natural inflammatory process, which is necessary for skin rejuvenation. You may take Tylenol for any pain/swelling post procedure
- It is important to keep your skin well hydrated. Microneedling causes a temporary increase in water loss so keeping your skin hydrated and protected during this period will aide in your recovery experience.
Avoid water on treatment areas for a minimum of 4 hours post procedure.
- **DAY 1:** For **24 hr. post treatment**, you may cleanse only with water (No cleanser). Unexpected complications may occur when products not proven safe for use with microneedling are applied.
- Recommended continued use of sunscreen after 24hr post procedure for 1 week. (Please wait a minimum of at least 4 hours if makeup must be worn)
- **DAY 1-3:** You can expect mild redness and pinpoint bleeding immediately after the procedure. Redness can last up to a week. Avoid sun exposure and strenuous exercise or excessive perspiration, as excess blood flow and sweat can cause discomfort and irritation to compromised skin
- **Avoid** using any active skincare topical products, such as: retinoids, vitamin C, benzoyl peroxide, etc. **May continue normal skin care routine after DAY 5-7**
- **DAY 3-5:** You may experience tightness and micro flaking. Do not pick or peel, allow your body to naturally shed.

