**PRE SKINPEN INSTRUCTIONS & PRECAUTIONS**

**5 Days Prior to Treatment**

* Avoid blood thinning agents (aspirin, fish oil, Omega-3, Vitamin E) *Do not stop taking prescription blood thinners.*
* Do not take any anti-inflammatory medications such as ibuprofen, Motrin or Advil 3 days prior to treatment.
* Do not use topical agents that may be drying or irritating to the skin or cause increased sensitivity of skin. Such as:

○ Lactic/Malic/Citric acids○ Vitamin C&E○ Retinol *(Vitamin A)*

○ Salicylic & Glycolic acid ○ Scrubs ○ Exfoliants

○ Benzyl Peroxide ○ Hydroquinone ○ Self-Tanning Lotions
○ Jan Marini Steps 1, 2, 3 ○ Marini Luminate ○ Lytera 2.0

* No waxing, depilatory (hair removing) creams, or electrolysis to area being treated.
* Do not use spray or self- tanning lotions on treatment areas.

**24 hours prior to treatment**

* Avoid sun exposure 24 hours prior to treatment.
	+ *A micro-needling treatment will not be administered on sunburned skin.*
* If you are prone to herpes simplex outbreaks, such as cold sores, consult your provider on ways to treat prior to treatment.
	+ *If you have an active breakout, active cold sores, or open lesions, your treatment should be rescheduled.*
* No strenuous exercise 4 hours prior to treatment.

**Plan other aesthetic treatments accordingly**

* If you are planning on receiving Botox/Dysport injections, make sure you give yourself 48 hours prior to SkinPen treatment or 1 week after SkinPen treatment.
* If you are planning on receiving facial fillers (like Juvéderm, Restylane & Sculptra), wait at least 2 weeks before or after SkinPen treatment.
* Wait at least 1 month before or after laser treatments, chemical peels, dermaplaning or microdermabrasion treatments.
* Wait 6 months following Isotretinoin (Accutane) use.
* If you are on autoimmune therapy, ask your provider if the procedure is appropriate for you.

Please contact the office if you have any questions

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