

POST SKINPEN PROCEDURE GUIDELINES

IN ORDER TO ENSURE OPTIMAL RESULTS OF YOUR TREATMENT,
PLEASE FOLLOW THESE INSTRUCTIONS.

WHAT TO EXPECT THE FIRST 24 HOURS AFTER PROCEDURE:

- A sunburn-like effect is normal.
- Your skin will feel tight, dry and sensitive to touch.
 - *If PRP is done, skin may feel tacky and have a tinge of color.*
 - *This is temporary and will wash away after cleansing.*
 - *Avoid cleansing for at least 6-12 hours*
- Redness and sensitivity to heat might well be present.
- You may have swelling, this is temporary and will resolve.
 - *Drink plenty of water.*
 - *Sleep on your back with head elevated to minimize swelling / discomfort.*
- Skinfuse Lift HG may be applied the day of the procedure to prevent the skin from drying out post procedure. Re-apply, as needed, up to 24 hours post procedure.
 - *Some topical Hyaluronic Acid (HA) may also be applied, please check with your provider before using.*
 - *Those are the only things you should use on the day of treatment.*
- Avoid exercises or activity that may cause excessive perspiration (*including: swimming, jacuzzis, saunas and steam baths*) for 2-3 days.
 - *Excess blood flow and sweat can cause discomfort and irritation.*
- Avoid use of any topical products not recommended by your skincare professional for specific use with this procedure.
 - *This includes but is not limited to cosmetics, cleansers, sunscreens, moisturizers etc.*
- Strictly avoid sun exposure as you will not be wearing sunscreen.
 - *You may return to sunscreen use the day following the procedure.*
 - *Continue to minimize sun exposure for 1-2 weeks following the procedure.*
 - *When exposed to sun, wear a hat and reapply broad-spectrum SPF every 2 hours.*

When Am I Able To Do Other Treatments?

- 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, Hydrafacials, dermaplaning or microdermabrasion treatments.
- Wait 6 months following Isotretinoin (Accutane) use.



Do's

Please follow these instructions one week following your procedure for optimal results:

- Contact the office if you have any concerns
- Protect your skin daily with broad spectrum SPF 30 or greater
 - *Reapply throughout the day as needed and avoid direct sunlight.*
- Use a gentle, soap-free cleanser AM & PM.
 - *Example: EltaMD Cleansers, SkinCeuticals Cleansers, SkinMedica Facial Cleanser, Cetaphil Wash*
 - *Treat skin gently when washing, using hands only and pat dry.*
- You may notice skin dryness, flaking, tightness, swelling, tenderness, itching:
 - *Use a gentle moisturizer as often as needed, to relieve dryness.*
 - *Example: HA, Hydrating B5 Gel, EltaMD Moisturizer, TNS Ceramide Cream or Cetaphil lotion*
 - *Don't forget lips and corners of mouth*
- For itchy areas, consider using over-the-counter Hydrocortisone cream combined in equal parts with mild moisturizer.
- Liquid make-up is easier to use the week following the treatment (*great for easy touch-ups during the day*)
- 5-7 days after treatment, you may restart your regular skin care products. (*Once your skin is no longer irritated.*)
- If burning, stinging, irritation, redness occur when reintroducing your skincare PLEASE DISCONTINUE and reach out to our office for personalized regimen tips

Do Not's

To ensure the proper healing environment, for one week following the treatment:

- DO NOT PICK OR PULL THE SKIN. Allow skin to exfoliate at its own pace.
- Products or skincare ingredients to avoid:
 - *Lactic/Malic/Citric acids*
 - *Vitamin C & E*
 - *Retinol, Retin-A, Tretinoin (VitaminA)*
 - *Salicylic & Glycolic acid*
 - *Facial Scrubs*
 - *Powered cleansing brushes*
 - *Benzyl Peroxide*
 - *Hydroquinone*
 - *Self-Tanning Lotions*
 - *Jan Marini System Steps 1, 2, 3*
 - *Marini Luminare MD*
 - *SkinMedica Lytera 2.0*
 - *Bleaching Creams*
- DO NOT take any anti-inflammatories such as ibuprofen, Motrin or Advil for 1 week.
- DO NOT apply ice, topical arnica or bromelain.
 - *These agents may interfere with the natural inflammatory process that is critical for skin rejuvenation.*
- Avoid strenuous exercises including:
 - *Swimming, jacuzzis, saunas and steam baths for 2-3 days.*
 - *Excess blood flow and sweat can cause discomfort and irritation.*
- Avoid direct sunlight for at least 1 week
 - *Continue to minimize sun exposure for 2 weeks following the procedure.*
 - *When exposed to sun, wear a hat and reapply SPF every 2 hours.*

