

SkinPen Pre/Post Instructions

SkinPen Pre-Treatment Instructions:

1. Wait at least six months post isotretinoin use before your SkinPen procedure, as isotretinoin use may impair proper wound healing.
2. Discontinue the use of topical products containing AHAs, Retinols, or Vitamin A *three days* prior to your SkinPen procedure.
3. Avoid sun exposure, tanning beds or self-tanners on treatment area for at least 72 hours prior to the procedure.
4. If you are prone to herpes simplex outbreaks, such as cold sores, consult your provider on ways to treat prior, or discuss whether the procedure is appropriate for you.
5. If your face or treatment area has irritated skin (sunburn, open wounds, sores) the day preceding your appointment, please contact our office before your appointment.
6. This procedure may not be performed on active breakouts or open lesions. Please consult your provider prior to your SkinPen procedure to address any such issues.
7. Avoid blood-thinning medications*, supplements and substances for 3 days prior to treatment (If you are prescribed a blood thinning medication such as aspirin or an anticoagulant by your doctor for a cardiovascular condition, then please check with your doctor prior to stopping the medication.)
8. Schedule at least 2 weeks before or after other services
9. If you are on autoimmune therapy, have a bleeding disorder, history of keloid or hypertrophic scarring, ask your provider if the procedure is appropriate for you.

SkinPen What To Expect:

1. The treatment area will be numbed for 30 minutes prior to service with a topically compounded numbing cream.
2. Some patients may feel a slight vibration from the device, and may experience a mild stinging sensation in some areas.
3. The treated area may be pink and mildly inflamed (similar to the appearance of a mild sunburn) for 24-48 hours following your SkinPen procedure.
4. Some patients experience swelling or mild bruising following a SkinPen. If this occurs, you may apply an ice pack to the area at least 24 hours after the service.

SkinPen Post-Treatment Instructions:

1. 24 hours post-procedure, your provider may advise you to keep your skin clean of cosmetics or sunscreen for the remainder of the day. It is recommended that you clean your makeup brushes prior to use, post-treatment.
2. Use the remainder of the HG Lift serum given to you by your provider and TNS Recovery Serum over the next 24 hours.
3. 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.
4. Avoid hot water, hot tubs, saunas, steam rooms, strenuous exercise, or excessive perspiration for 72 hours, as excess blood flow and sweat can cause discomfort and irritation to compromised skin.
5. Avoid use of topical products containing AHAs, Retinols, Vitamin A, or any type of exfoliant, for 5 – 7 days post treatment.
6. Some patients experience extreme dryness after treatment. Continue use of post care products provided and/or recommended by your provider.