

SkinPen Pre-Treatment Instructions:

- Please discontinue products containing any exfoliating agents (retinoic acid, tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, astringents, etc.) 24 hours before treatment.
- If you have a history of herpes or cold sores, we highly recommend a course of anti-viral medication pre and post treatment. This will prevent an outbreak of cold sores if you are prone to them. Cold sores can also break out on people who are not prone to them, but who have sensitive skin. If you would like us to call in a prescription for you, please call our offices.

SkinPen Post-Treatment Instructions:

Immediately Following Treatment:

- Do not apply anything to the skin for 6-8 hours after treatment. This includes make-up, SPF or products of any kind. If you had PRP with your treatment, avoid washing the treated area for at least 24 hrs.
- Avoid clothing, headbands, hats or scarves on the treated area. If clothing is to be worn over the treatment area, we recommend cotton clothing that hasn't been treated with fabric softeners or dryer sheets. Avoid Advil and other anti-inflammatory drugs for as long as possible. Arnica and Pineapple can help with bruising/swelling
- Redness and/or swelling is common and will resolve within 1-2 days.

Days 1-6 Post Treatment

- Bruising, pinpoint bleeding, minor scabbing, minor breakouts, swelling and/or redness may occur and will resolve within 7-10 days of treatment.
- Do not pick, peel, rub, scrub or irritate your skin in any way while it is healing, as this may cause scarring.
- Avoid heat, saunas, hot tubs and sweaty activity; this includes exercise of any kind.
- Do not use an electric or manual facial brush of any kind (i.e. Clarisonic or something of the like).
- Mineral make-up may be worn, however, we recommend leaving skin clean for this time period if possible.

Days 7+

- You may resume your regular skin care routine as long as peeling/flaking has subsided. If you are still peeling/flaking, be patient and allow your skin the time it needs to heal before starting back on your routine.