



SkinPen® Microneedling Pre & Post Care

What is Microneedling?

Microneedling is a minimally invasive procedure that uses tiny sterile needles to create 'micro-injuries' to the skin to help create a glowing, more youthful skin appearance. Also known as collagen induction therapy, microneedling creates small channels in the skin with a pen-like device to encourage your skin to produce new collagen-rich tissue. Microneedling can help with:

- Acne Scars
- Fine Lines and Wrinkles
- Reduced Skin Elasticity
- Large Pores
- Pigmentation issues
- Skin texture and tone

What is the downtime?

Microneedling requires little to no downtime. The total procedure is ~30 minutes and you should expect only skin redness and irritation for 1-2 days following the procedure. Some people may have light flaking or peeling for up to 7 days after treatment.

How often do you recommend Microneedling?

The best and most long-term results are achieved when microneedling is done in a series of 3-6 treatments, spaced one month apart. We often recommend pairing microneedling treatments with chemical peels to achieve optimal results. Your provider can help you determine the timing of treatments.

How do I prepare for my treatment?

- **Please arrive to the appointment 20 minutes prior to the start of the appointment to allow time for topical numbing cream to be applied.**
- Avoid retinoids/Retin-A, exfoliants, or acids that may be drying or irritating to the skin 5 days before the procedure.
- No waxing, depilatory creams, or electrolysis to the area being treated for 5-7 days prior.
- Do not shave the day of the procedure to avoid skin irritation. If there's dense hair present in the treatment area, shave the day before you arrive for your appointment.
- Please arrive with a clean, bare face (no makeup).
- If you have a history of cold sores, please take prophylactic medicine (let us know and we can prescribe this for you) 2 days prior to and the day of the treatment.
- Hydrate well- both topically and internally starting 72 hours before the procedure.
- Avoid blood thinning agents for one week prior because bruising is a potential side effect of microneedling.

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What should I expect after my treatment?

A sunburn-like sensation is normal. Your skin may feel tight, dry, or sensitive to touch. You may also notice some slight swelling; both are normal and should subside after 1 to 4 hours and will normally diminish within the same day or 24 hours. You may see slight redness or experience mild peeling after 24 hours that could last up to a week. Not everyone will experience peeling.

How should I care for my skin after the procedure?

Day of procedure:

- Only use lukewarm water for the first 24 hours to rinse skin.
- Apply SkinPen Lift serum (white bottle) or (plated) Skin Science Calm Serum as needed throughout the day.
- Keep treated areas protected from the sun, we recommend limiting your sun exposure during the day and wearing a hat. If you must have sun exposure, use a non-chemical sunscreen. Avoid putting anything on the face if possible.
- Avoid any makeup for 24 hours, mineral makeup is okay after 24 hours, if necessary. If possible, please wait 48-72 hours after procedure to apply.
- Avoid any strenuous exercise, swimming, hot tubs, sauna, or hot showers for 48-72 hours.
- Avoid any anti-inflammatory medications, if needed please use Tylenol.

Day 1-5 after the procedure:

- After 24 hours, use a gentle cleanser to wash face.
- Then begin applying SkinPen Skin Fuse Rescue (blue bottle) or (plated) Skin Science Calm Serum as needed for the next 5 days.
- Makeup is okay after 24 hours, however, if possible, please wait 48-72 hours after the procedure to apply.
- For at least 7 days after the procedure, do not use Alpha Hydroxy Acids (Glycolic acid), Beta Hydroxy Acid, Retinol (Vitamin A), Vitamin C, scrubs, or any 'active' products.
- Mild peeling may start 3-5 days after the treatment. You'll notice skin dryness and flaking which is due to an increased turnover of skin cells. DO NOT pick, scratch, or scrub at treated skin!
- Avoid sun exposure as much as possible. Use a non-chemical sunscreen such as Alastin SilkSHIELD All Mineral Sunscreen, Alastin HydraTint ProMineral Broad Spectrum Sunscreen, or ZO Skin Health Sunscreen + Primer Broad Spectrum.

General microneedling post care:

- Avoid touching your face, always clean your hands before touching your skin.
- Use a clean pillowcase, makeup brushes and replace sponges.
- Clean your cell phone as it will have contact with your treatment area. If you have any questions or concerns, please call the office at (480) 454-5577.