

PREPARING FOR YOUR MICRONEEDLING SKINPEN PROCEDURE

- If you are prone to herpes simplex infections, such as cold sores, ask your physician whether prophylaxis therapy is appropriate prior to the procedure.
- If you have been overexposed to the sun (sunburn) or develop a cold sore, blemish, or rash, etc. in the area to be treated, please call our office to reschedule your appointment.
- It is recommended, if you have a special event or vacation coming up that you schedule your treatment at least 2 weeks in advance (we prefer 3-4).
- This procedure may not be performed on active breakouts or open lesions.
- Do not take aspirin, Advil, Motrin, Aleve, non-steroidal anti-inflammatory medication 1 week before and after your treatment. These drugs may inhibit the stem cells natural inflammatory response
- It is recommended that you avoid excessive alcohol, caffeine and cigarettes 3 days before and after your treatment. (All of these may increase risk of bruising)
- Accutane or isotretinoin use must be discontinued for at least 6 months before your SkinPen procedure, as isotretinoin use may impair wound healing and increase risk of scar tissue formation.
- Discontinue the use of topical products containing Retinol or Vitamin A for 24 hours prior to your SkinPen procedure.
- Allow 48 hours after spray or self-tanning lotions before your SkinPen procedure.
- If you are on autoimmune therapy or systemic corticosteroids (steroids), consult your physician for approval to discontinue use of medications prior to your SkinPen procedure.

POST MICRONEEDLING SKINPEN PROCEDURE GUIDELINES

- Do not touch, press, rub, or manipulate the treated area for at least 4 hours after your treatment.
- The evening of your treatment (4 hours post procedure), you may gently cleanse your face with water.
- Avoid strenuous exercise, excessive perspiration and sun exposure for 72 hours post procedure as excess blood flow and sweat can cause discomfort and irritation to compromised skin.
- The treated area may be pink and mildly inflamed (similar to the appearance of a mild sunburn) for several days following your SkinPen procedure.
- Avoid use of any topical products not provided by your skincare professional for specific use with this procedure for the 1st 24 hours. (This includes but is not limited to cosmetics, cleansers, sunscreens, moisturizers, etc.)
- Strictly avoid sun exposure the remainder of the day as you will not be wearing sunscreen. You may return to using a physical sunscreen and makeup after 24 hours. Continue to minimize sun exposure for 1 week following the procedure.
- After your initial series of treatments, we recommend a maintenance treatment every 6 months as needed.
- It is normal to experience bruising, redness, itching, soreness and swelling that may last from 3-10 days following your procedure.

Please call the office with any questions.

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