



PRE-TREATMENT CARE – MICRONEEDLING (SkinPen®)

Do not tan in the sun or on tanning beds 24 hours prior to treatment. If you are tanned, this may result in developing burns or hyperpigmentation on affected area which may take anywhere from 6 months to 2 years to resolve.

If using oral isotretinoin (Accutane, Epuris, Clarus), you must stop at least 6 months before initiating treatment. Discontinue the use of topical retinoids a minimum of 24 hours prior to treatment. Allow at least 24 hours after autoimmune therapies before using SkinPen®.

Avoid blood thinners such as alcohol, aspirin products, NSAIDS, high dose garlic, ginseng, ginkgo, fish oil, Vitamin E, St John's Wort or other herbal supplements for 72 hours before treatment as these may increase the risk of bleeding and bruising. If you have been prescribed aspirin for a medical reason, it is best to continue this. If you have a bleeding disorder, or are taking Warfarin, discuss this with your nurse or physician prior to receiving treatments.

Avoid having any dental work (including a cleaning) within a week of scheduled treatment.

Talk to your nurse or physician if you have previously suffered from herpes viral infections (e.g. cold sores) as microneedling can lead to reactivation of herpes viral infections.

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