



POST-TREATMENT CARE – SkinPen ® MICRONEEDLING

The treated area will feel tight and sensitive post-treatment, similar to a sunburn. This is normal. You may apply ice packs or cooling cloths to the affected area immediately after treatment and up to 12 hours thereafter.

Apply only approved aftercare treatments on the day of treatment and the following day to help soothe and hydrate the skin. These products will be provided to you. Keeping these topical aftercare products in the fridge will help soothe the skin. You may consider taking anti-inflammatory medications such as oral ibuprofen or naproxen to help reduce discomfort and swelling.

You may apply topical Cytoderma™, Skinceuticals Epidermal Repair and/or Hale Derma hypochlorous acid spray to help heal the skin. Product absorption increases from 7% pre-treatment to 80% post-treatment. Patients must be very cautious about what is applied as skin can react to ingredients in skincare products that can lead to irritation, granulomas, and infection.

First 24 hours: ONLY used approved products provided to you as post care treatment. Avoid makeup for 24 hours. If you must use makeup within the first 24 hours, please only use 100% pure mineral powder makeup. Avoid hot showers, baths, saunas and hot tubs until 24-48 hours after treatment. Don't use AHA's or BHA's until 72 hours post treatment. Don't use retinoids for 5 days post treatment. Sleep on clean pillowcases. Avoid direct sun exposure and excessive heat for at least 10 days. Wear at least SPF 30+ daily, 24 hours post treatment.

Don't have electrolysis, waxing, sugaring, threading or any other form of hair removal for 7 days. Avoid direct prolonged sun exposure for at least 10 days. Don't tan or use a tanning booth for at least 14 days. Don't use facial scrubs or mechanical forms of exfoliation for 14 days. Don't have chemical peels, microdermabrasion or dermaplaning for at least 14 days.

Use prescribed home care products consistently and as directed to achieve optimal results. Avoid touching your treated skin unnecessarily. If you must ensure your hands are clean.

Should you experience any unpleasant side effects that you are not expecting, or suffer symptoms that concern you, please do not hesitate to contact the clinic and an appointment will be made for you to be seen. If you have any further questions, before, during or after the treatment, do not hesitate to ask your practitioner.

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