

## SKINPEN PROCEDURE CONSIDERATIONS

### Preparing for you SkinPen Treatment

- The treated area may be pink and mildly inflamed (similar to the appearance of a mild sunburn) for 24-48 hours following your SkinPen procedure.
- 24 hours post-procedure, your provider may advise you to keep your skin clean of cosmetics or sunscreen for the remainder of the day.
- If you are prone to herpes simplex outbreaks, such as cold sores, consult your provider about pre-treatment.
- If your face or treatment area has irritated skin (sunburn, open wounds, sores, etc.) The day preceding your appointment, please contact our office before your appointment.
- This procedure may not be performed on active breakouts or open lesions. Please consult your provider prior to your SkinPen procedure to address any such issues.
- Wait at least six months post isotretinoin (Accutane) use before your SkinPen procedure, as isotretinoin use may impair proper wound healing.
- If you have recently used spray or self-tanning lotions on treatment areas before your SkinPen procedure, discuss with your provider.
- Avoid sun exposure for 24 hours prior to the procedure.
- Discontinue the use of topical products containing AHAs, Retinol or Vitamin A for 24 hours prior to your SkinPen procedure.
- If you are on autoimmune therapy, ask your provider if the procedure is appropriate for you.
- Please advise your provider if you are taking any blood thinners or aspirin prior to treatment.
- Avoid injectables (Botox, filler) for 2 weeks prior and post treatment.

### What to expect after your SkinPen treatment

- Your skin will not feel like it's self for the next 5 to 7 days.
- Expect redness and a sunburn feeling.
- There may be slight swelling on the treated area.
- Skin will feel dry and tight.
- Flaking and peeling of the treatment area may occur. Avoid picking or scratching. If within the first 24 hrs, apply Lift or Rescue serum to rehydrate. After 24 hrs. use the Rescue serum and/or Hydra-Riche when needed to replenish the skin.
- Expect to see visible results within the first 4 weeks post treatment and optimal results within 6 weeks and increased collagen production for 6 months post treatment.

## Post SkinPen Procedure Guidelines

- Unexpected complications may occur when products not proven safe for use with microneedling are applied post-procedure.
- Avoid strenuous exercise or excessive perspiration, as excess blood flow and sweat can cause discomfort and irritation to compromised skin for 72 hours.
- Treat your skin as you would an open wound.
- Skinfuse Lift HG may be applied additionally the day of the procedure to assist with skin hydration. Reapply, as needed, up to 24 hours post procedure. NO OTHER TOPICAL PRODUCTS SHOULD BE USED TILL THE MORNING FOLLOWING YOUR SKINPEN TREATMENT.
- Strictly avoid sun exposure as you will not be wearing sunscreen. You may return to sunscreen use 24 hours following the procedure. Continue to minimize sun exposure for 72 hours following the procedure.
- Please change your pillow coverings and avoid touching your face with unclean hands.
- We recommended that makeup should not be applied during the 24 hours after the procedure. After 24 hours you may resume makeup use but be sure that makeup brushes/sponges are cleansed.

## Post SkinPen Skincare Protocol

Step 1	<b>Cleanse</b> Sensi-Cleanse	AM PM	<u>Day of</u> -- --	<u>Day 1</u>	<u>Day 2</u>	<u>Day 3</u>	Apply a small amount to dampened skin with a gently circular motion. Rinse with tepid water.
Step 2	<b>Nourish</b> Rescue	AM PM	--				Apply liberally as needed to help soothe and calm the skin.

Step 3	<b>Hydrate</b> Hydra-Riche	AM PM	-- --					Apply liberally to supply vital skin cell nutrients and hydration.
Step 4	<b>Protect</b> Mineral Sunscreen	AM PM	-- --	--	--	--	--	Apply evenly to skin before exposure to the sun. Reapply as needed.

## Practice Information

**Southlake Plastic Surgery Med Spa**  
**910 East Southlake Blvd, Suite 165**  
**Southlake, TX 76092**

**Please contact us at 817-442-0810 with any questions or concerns.**

**Sonia Corbin, LMA, CLT**  
**SCorbin@SouthlakePlasticSurgery.com**  
**Stephanie Carrillo Buras, LMA, CLT**  
**SBuras@SouthlakePlasticSurgery.com**