

Microneedling Pre and Post Treatment Guidelines

Overview:

SkinPen is the only FDA approved, medical, state-of-the-art microneedling device designed to improve the appearance of fine lines, wrinkles and scars on the face and body. It allows a controlled induction of the skin's self-repair process by creating thousands of precise micro-injuries in the dermis, automatically triggering new collagen synthesis without causing scar tissue formation.

Platelet Rich Plasma can be administered in addition to microneedling. This involves a blood draw the day of the treatment to extract your own human growth factors to enhance the healing process. PRP is a rich *liquid gold* from your blood which is full of your body's own growth factors. This will contribute and stimulate healing and regeneration. Once the skin has had its microneedling treatment, your plasma is placed on your skin to enhance the wound healing process for an even more elevated increase of healthy cell/collagen reproduction. This process has been safely administered in thousands of procedures worldwide.

Pre-Treatment Guidelines:

- If you have a history of cold sores or the HSV-1 virus, you will need a prescription prior to your appointment for an antiviral medication. Follow the instructions on the bottle as directed by your medical provider
- Avoid direct sun exposure for 24 hours prior to procedure
- Allow 48 hours after spray tanning or self-tanning lotions before your SkinPen procedure
- Avoid waxing, threading, sugaring or electrolysis 1 week prior to procedure
- Discontinue the use of retinoids or Retin-A 24 hours prior to procedure
- Wait 24 hours for treatment after taking any autoimmune therapies
- Pre treat your skin for 3-4 weeks prior to treatment with a bleaching cream if you tend to hyper-pigment easily. Your provider will discuss if necessary
- Please let us know if you are taking blood thinners
- If you are going to have microneedling with PRP, you will need to be **well hydrated** for your blood draw

Post Treatment Guidelines:

- **Wait 24 hours to apply sunscreen and makeup to your skin**
- Avoid direct sun exposure, self-tanners and spray tanning 1-week post procedure
- Redness, discomfort, tenderness, dry skin, irritation, itching, bruising and minimal bleeding are the most common adverse side effects and generally subside 1-48 hours following procedure
- Avoid the use of topical products that have not been provided by your skincare professional for specific use with this procedure. This includes, but is not limited to cosmetics, cleansers, sunscreen, moisturizers, etc.
- Avoid hot tubs, saunas, hot showers, and extreme physical activity for 24-48 hours
- Avoid facial waxing for 2 weeks post treatment
- Do not pick, scrub or scratch your skin
- Avoid at home exfoliants and abrasive facial cleansing brushes/cloths for 7-14 days
- Wait 4 weeks before you have a facial, chemical peel, laser or microneedle treatment