

SkinPen Preparation and Aftercare

OVERVIEW:

SkinPen is an **FDA-approved microneedling device** approved for treatment of acne scars in patients 22 years and older. With the **highest level of safety and medical-grade quality**, SkinPen precisely delivers thousands of micropunctures to the skin, **stimulating the growth of new collagen and elastic fibers** (Collagen Induction Therapy). Over time, this helps to improve the appearance of scars, fine lines, pores, uneven pigmentation, and overall skin texture. The skin may be treated with anesthetic prior to the procedure to reduce discomfort, which tends to be mild but may vary from person to person. Redness and swelling (like a sunburn) are common for 1 to 3 days but may last longer. A series of treatments provides the best results; improvement is gradual and may continue months after treatment.

Who should NOT have microneedling? Avoid if you:

- are pregnant or nursing;
- have any of the following: active skin cancer in the treatment area(s); open wounds, sores, or irritated skin in the treatment area(s); an allergy to stainless steel or anesthetics; a hemorrhagic (bleeding) disorder or bleeding dysfunction; tendency to form keloid scars; immunosuppression; poor wound healing response;
- have taken oral retinoids/isotretinoin (e.g. Accutane, Absorica, Amnesteem, Claravis) in the past 3 months.

PRE-TREATMENT:

- **1 week prior to treatment: minimize sun exposure** (a tan could affect your treatment results and healing).
- **To reduce the risk of bruising:**
 - **1 week prior to treatment, discontinue aspirin, naproxen (Aleve, Naprosyn), coconut oil, omega-3 fatty acids (fish oil; ingestion of fish)**, ginseng, ginkgo, turmeric/curcumin, St. John's Wort.
 - **3 days prior to treatment, avoid ibuprofen (Motrin, Advil)**. (You may resume after the procedure.)
 - Acetaminophen/Tylenol is fine to take before or after treatment.
 - Note: if you need to take medications for medical reasons, do not discontinue without discussing with your prescribing healthcare provider.
- **Day of treatment:** if you are prone to cold sores, take your medication (e.g. acyclovir or valacyclovir/Valtrex).
- **Cleanse the treatment area well** prior to your appointment.

POST-TREATMENT: optimize your results & reduce the risk of infection, irritation, and allergic reactions

Day of treatment: For **4 hours** after the procedure, **USE ONLY SkinFuse Lift HG ON THE TREATED AREAS unless otherwise instructed**. Although this may sting for a few seconds immediately after application, it serves as a skin protectant and "sealant," optimizing the response to SkinPen treatment. Do not use water (which is not sterile) or skin care products on the treated area until 4 hours have passed.

- **If you are prone to cold sores**, continue your medications for 5 days.
- **If you have discomfort**, you may take medications, e.g. acetaminophen (Tylenol) or ibuprofen as directed.
- **4 hours after the procedure: you may use your skin care products EXCEPT retinoids, scrubs & exfoliating products** (see list below)*. **Use sunscreen daily and minimize sun exposure** to reduce the risk of sunburn and uneven pigmentation. It is normal for your skin to peel or flake for a few days after treatment. Moisturizers (e.g. Trio, Medical Barrier Cream) or Aquaphor can be applied as needed to reduce dryness/flaking.

Do not resume the following until your skin is no longer sensitive or peeling (usually 3 - 5 days on the face & neck; may take longer on other areas): retinoids (e.g. RetinA/tretinoin, Alpharet, Retrinal, Luminite, retinol, Differen, Tazorac), alpha-hydroxyacids (e.g. lactic acid, glycolic acid, malic acid), salicylic acid, physical scrubs and exfoliating products. If you tape the area at night, you may resume when the skin is no longer sensitive.

Please contact the office immediately if you have any concerns or if you experience any of the following:

Increasing pain or redness of the skin; open sores or blisters; pronounced swelling or drainage; unusual discoloration of the skin; infection.

480-591-3500 or 602-494-1817