



LOW COUNTRY
DERMATOLOGY

SKIN PEN MICRO-NEEDLING PRE & POST PROCEDURE INSTRUCTIONS

Pre-Procedure Instructions & Precautions

- Avoid sun exposure/burns twenty-four (24) hours prior to treatment.
- Discontinue use of retinoids twelve (12) hours prior to treatment.
- You should not have an active breakout, active cold sores, or open lesions. If this occurs, your treatment should be rescheduled.
- Allow at least twelve (12) hours after autoimmune therapies before having treatment.
- Wait six (6) months following isotretinoin (Accutane) use.
- Skin types Fitzpatrick IV-VI, pigment may darken prior to lightening.
- Wait at least forty-eight (48) hours before or after Botox treatment to have treatment.
- Wait at least one (1) week before or after any fillers such as Juvederm, Restylane, etc.
- Wait at least one (1) month before or after laser treatments such as IPL, VBeam, etc. or chemical peels such as Vitalize, Rejuvenate, etc. or microdermabrasion treatments.
- Make sure you have none of the following on the day of your appointment:
 - Lotions, makeup, perfume/cologne, after shave, ointments, and sunscreens

Post-Procedure Instructions & Precautions for first 24 Hours

- In the office:
 - Treatment area will be wiped with sterile saline
 - Treatment area will be covered with HydraPeptide Gel
 - Medical professional will go over at home care
- At home:
 - NIGHT of treatment, DO NOT cleanse the treatment area, you may rinse the treatment area with tepid water using fingertips ONLY to massage skin.
 - Day 2 & 3: cleanse using gentle cleanser (we recommend SkinCeuticals gentle cleanser, Neutrogena Ultra Gentle Daily Cleanser, or Cetaphil Gentle Skin Cleanser). Restore using HydraPeptide Gel. Protect using SPF 30. Repeat as necessary throughout the day.
 - Day 4: Resume your normal skin care routine.
- No sun exposure between Days 1 and 3.
- No exercise between Days 1 and 3.
- DO NOT apply any hydrocortisone creams to the treatment area within the first 48hrs post treatment.

- DO NOT have any waxing done on the treatment area for 2 weeks post treatment.
- DO NOT have any dermal fillers, botox, laser, chemical peels on the treatment area for 30 days.
- DO NOT pick any flaking skin post treatment.
- DO NOT apply makeup until the day after the treatment is performed. (24 hours post)
- Wait at least one week before using a retinoid
- You may peel 3-5 days after treatment

What to Expect

- **Day 0** (day of procedure): Moderate redness, tightness, sunburned sensation. Nothing on face except hyaluronic acid, apply as needed.
- **Day 1**: Mild to moderate redness and swelling, similar to sunburn. No sunscreen or makeup.
- **Day 2**: Some redness and swelling may be present. May apply sunscreen and makeup.
- **Day 3**: Most redness, bruising, and swelling almost gone.
- **Day 4**: Return to normal appearance without makeup.