

MASSAPEQUA DERMATOLOGY, PLLC

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SkinPen Microneedling Pre and Post Procedure Instructions

Pre-Procedure Instructions and Precautions

- Avoid Sun exposure/burns 24 hours prior to treatment
- Discontinue use of retinoids 12 hours prior to treatment
- You should not have an active breakout, active cold sores, or open lesions. If this occurs your micro needling treatment should be rescheduled.
- If you have a history of cold sores please pretreat with Valtrex 3 days prior to treatment.
- Allow at least 12 hours after autoimmune therapies before having a micro needling treatment
- Wait 6 months following isotretinoin (Accutane) use.
- Skintype Fitz IV-VI pigment may darken prior to becoming lighter
- **Wait at least:**
 - 48 hours before or after botox treatment
 - 1 week before or after any fillers as Juvederm, Restylane, etc
 - 1 month before or after lasers such as IPL, VBeam, etc, or deep chemical peels or microdermabrasion

Post-Procedure Instructions and Precautions

- Only use the Rescue Calming Complex or the Lift Serum for the next 24 hours. **Do NOT use any other skin care products (cleansers, moisturizers, or sunblocks)**
- Days 2 through 4 post procedure - use gentle cleansers and a zinc oxide SPF as well as the Rescue Calming Complex and the Lift Serum.
- Avoid exercise 48 hours following treatment
- No sun exposure 72 hours.

DAY 1- Mild to moderate redness and swelling similar to a sunburn NO SPF or Makeup

DAY 2- Some persistent redness and swelling may be present. OK to apply SPF or Makeup

DAY 3- Most redness and swelling gone

DAY 4- Return to normal appearance