

## SkinPen Microneedling 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 microneedling treatment should be rescheduled.
- Allow at least twelve (12) hours after autoimmune therapies before having a microneedling treatment.
- Wait six (6) months following isotretinoin (Accutane) use.
- Skin types Fitzpatrick IV-VI, pigment may darken prior to lightning.
- Wait at least:
  - o Forty-eight (48) hours before or after Botox treatment to have a microneedling treatment.
  - o One (1) week before or after any fillers such as Juvederm, Restylane, etc.
  - o One (1) month before or after laser treatments such as IPL, VBeam, etc. or chemical peels such as Vitalize, Rejuvenize, etc. or Microdermabrasion treatments.

### **Post-Procedure Instructions & Precautions:**

- **ONLY** use the Lift HA Serum for the next twenty-four (24) hours.
- After 24 hours you may rinse your face **ONLY** with water until Day 4.
- **ONLY** use the Rescue Calming Complex for Day 2 and 3.
- Do **NOT** use any other skincare products (cleansers, moisturizers, or sunblock) until Day 4.
- On Day 4:
  - o AM: Use a gentle cleanser and a zinc oxide sunblock as well as continue using the Rescue Calming Complex and the Lift HA Serum if available.
  - o PM: Use a gentle cleanser, and continue using the Rescue Calming Complex and the Lift HA Serum if available.
  - o Note: Spot test products before applying all over the face, if you feel any burning or tingling, please wait 24 hours, and try again. Continue to use the Rescue Calming Complex until then.
- Avoid exercise for three (3) days following the procedure.
- No sun exposure for three (3) days.
- Do not apply sunscreen or makeup onto skin until Day 4
- When targeting specific skin concerns such as fine lines and wrinkles or acne scarring, shedding and flaking may occur as well as prolonged redness which could last longer than 2-3 days. If the problem persists longer than 4 days, please call our office immediately.

### **What to Expect**

- **Day 1:** Mild to moderate redness and swelling, similar to a sunburn. Only Lift HA Serum should be applied.
- **Day 2:** Some persistent redness and swelling may be present. Only Rescue Calming Complex should be applied.
- **Day 3:** Most redness, bruising, and swelling is almost gone. Possibly experiencing some dry skin and flakiness. Only Rescue Calming Complex should be applied.
- **Day 4:** Return to normal appearance while using gentle skincare, and if possible, avoid makeup. Continue applying the remaining Rescue Calming Complex.

*If you have any questions or concerns before or after your treatment, please do not hesitate to contact us:  
Call 281-251-2225 or email us at [spa@eliteskinandbodycare.com](mailto:spa@eliteskinandbodycare.com).*

