



# SkinPen® Procedure Considerations

## PREPARING FOR YOUR SKINPEN PROCEDURE

- The treated area may be pink and mildly inflamed (similar to the appearance of a mild sunburn) for 24-48 hours following your SkinPen procedure.
- 24 hours post-procedure, your provider may advise you to keep your skin clean of cosmetics or sunscreen for the remainder of the day.
- If you are prone to herpes simplex outbreaks, such as cold sores, start oral anti-HSV prescription 2 days before procedure.
- If your face or treatment area has irritated skin (sunburn, open wounds, sores) the day preceding your appointment, please contact our office before your appointment and your appointment will be rescheduled.
- This procedure may not be performed on active breakouts or open lesions. Please consult your provider prior to your SkinPen procedure to address any such issues.
- Wait at least six months post isotretinoin use before your SkinPen procedure, as isotretinoin use may impair proper wound healing.
- No active tanning or spray or self-tanning lotions on treatment areas before your SkinPen procedure.
- Avoid sun exposure for 24 hours prior to the procedure.
- Discontinue the use of topical products containing AHAs, Retinol or Vitamin A for 1 week prior to your SkinPen procedure.
- If you are on autoimmune therapy, ask your physician if the procedure is appropriate for you.

## POST SKINPEN PROCEDURE GUIDELINES

The day of the procedure:

- **Unexpected complications may occur when products not proven safe for use with microneedling are applied post-procedure. No products with chemicals should be used after procedure. This includes sunblock makeup.**  
*For each individual this may vary when you can apply makeup and sunblock. 48 hours up to 1 week post procedure, if sensitivity, redness, and swelling has subsided.*
- Take antihistamine (Benadryl) in the evening for histamine reaction. Swelling post procedure is normal and a good response.
- **AVOID** strenuous exercise or excessive perspiration, as excess blood flow and sweat can cause discomfort and irritation to compromised skin for 72 hours.
- **AVOID** lakes, pools, hot tubs, contact with animals, and shaving treated area as this can effect healing process. Shaving can be resumed once sensitivity and swelling has subsided.
- Skinfuse® Lift HG may be applied additionally the day of the procedure to assist with skin hydration. Re-apply, as needed, up to 24 hours post procedure.
- Strictly avoid sun exposure as you will not be wearing sunscreen. You may return to sunscreen use 24 hours following the procedure. Continue to minimize sun exposure for 72 hours following the procedure.

The days following the procedure:

- Follow the specific skincare regimen provided with your Post-Procedure Protocol.
  - ZO Gentle Cleanser - Cleanse treated area **both** AM & PM. Pat dry. Do not use hot water. Dime size to nickle size use of the cleanser.
  - ZO Accelator Serum - Apply 5 drops to treated area **both** AM & PM. Use serum until bottle is completely gone.
  - ZO Hydrating Crème - Use as needed to soothe and hydrate.
  - EltaMD Sunscreen - Can begin after 3-4 days if redness and sensitivity have subsided.