

SkinPen

Pre-Care:

1. Consultation: Schedule a consultation with a licensed and experienced skincare professional to assess your skin and discuss your goals and expectations for the treatment.
2. Avoid Sun Exposure: Stay out of the sun for at least a week before the procedure. Sun exposure can increase the risk of complications and hinder the healing process.
3. Avoid Certain Skincare Products: Discontinue the use of products that contain retinoids, glycolic acid, or other harsh exfoliants for about a week before the treatment. These products can increase skin sensitivity.
4. Stay Hydrated: Properly hydrate your skin by drinking plenty of water in the days leading up to the procedure.
5. Avoid Blood Thinners: Avoid taking blood-thinning medications, such as aspirin and ibuprofen, for at least a week before your treatment. These can increase the risk of bleeding during the procedure.
6. Notify Your Provider: Inform your provider of any recent breakouts, cold sores, or skin infections in the treatment area.

Post-Care:

1. Follow Provider's Instructions: Your skincare professional will provide specific post-care instructions tailored to your skin type and the depth of the treatment. Always follow these instructions.
2. Redness and Swelling: Expect some redness and swelling immediately after the procedure. This is normal and should subside within a few days.
3. Avoid Sun Exposure: Stay out of direct sunlight for at least 48 hours post-treatment and apply a broad-spectrum sunscreen with SPF 30 or higher if you need to go outside.
4. Gentle Cleansing: Use a mild, non-abrasive cleanser for the first few days after treatment. Avoid harsh or exfoliating products during this time.
5. Avoid Makeup: Refrain from wearing makeup for the first 24 to 48 hours post-treatment to prevent clogging pores.
6. Moisturize: Apply a gentle, non-comedogenic moisturizer to keep the skin hydrated.
7. Avoid Active Ingredients: Avoid using products containing retinoids, alpha hydroxy acids (AHAs), beta hydroxy acids (BHAs), or harsh exfoliants for at least a week after the procedure.
8. Stay Hydrated: Continue drinking plenty of water to support the healing process.
9. Avoid Excessive Heat: Avoid hot showers, saunas, and strenuous exercise for the first 48 hours post-treatment, as excessive heat can exacerbate redness and swelling.
10. Follow-Up Appointments: Attend any follow-up appointments recommended by your provider to monitor your progress and ensure optimal results.