

## Patient Instructions for SkinPen® Microneedling

### Pre-Treatment Instructions:

1. Avoid excessive sun exposure/ burns for 24 hours prior to procedure.
2. Discontinue use of topical retinoids 24 hours prior to procedure.
3. Avoid treatment if you have an active breakout or open lesion.
4. Allow at least 24 hours after autoimmune therapies before a microneedling treatment.
5. Wait 6 months following oral isotretinoin use.
6. Although not seen in clinical study, in darker skin types, pigment may darken prior to lightening.

### Intra-Treatment Instructions:

1. Skin will be cleansed of all makeup, sunscreen, and surface oils. Photos of the treatment area will be taken.
2. An optional topical numbing cream may be applied for 30 minutes prior to treatment.
3. Each treatment will last approximately 15-30 minutes.

### Post-Treatment Instructions:

1. **Unexpected complications may occur when products not proven safe for use with microneedling are applied post-procedure.**
2. 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. This product will be given to you after each treatment. **Avoid using any other products on the treated area in the 24 hours following the procedure.**
3. Avoid strenuous exercise or excessive perspiration, as excess blood flow and sweat can cause discomfort and irritation to compromised skin for 72 hours.
4. 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.
5. After the first 24 hours post treatment, you may resume using a gentle cleanser and moisturizer for the next 6 days. You can also apply sunscreen and makeup after the first 24 hours.
6. After 7 days you may resume your usual skin care.

Please call us at 716-712-1050 with any questions or concerns.