

SkinPen® Pre- and Post-Care Instructions

R+ Med Spa



Pre-Treatment Recommendations:

- 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, consult your provider on ways to treat prior or whether the procedure is appropriate for you.
- 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.
- This procedure may not be performed on active outbreaks 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.
- If you have recently used spray or self-tanning lotions on treatment areas before your SkinPen procedure, discuss with your provider.
- Avoid sun exposure for 24 hours prior to the procedure.
- Discontinue the use of topical products containing AHAs, Retinol or Vitamin A for 24 hours prior to your SkinPen procedure.
- If you are on autoimmune therapy, ask your provider if the procedure is appropriate for you.

Post-Treatment Recommendations:






The day of procedure:

- **Unexpected complications may occur when products not proven safe for use with microneedling are applied post-procedure.**
- Avoid strenuous exercise or excessive perspiration, as excess blood flow and sweat can cause discomfort and irritation to compromised skin for 72 hours.
- Skinfuse® Life 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 Skinfuse Post-Procedure Protocol.
- Wait at least 7 days post-procedure to begin Surge Collagen Boost.

Post Microneedling

| | | DAY OF | DAY 1 | DAY 2 | DAY 3+ | |
|--------|------------------------------------------------------------------------------------------------------------------------|----------|--------|--------|--------|----------------------------------------------------------------------------------------------|
| STEP 1 |  PURIFY Cleansing Complex | AM PM | — ● | ● ● | ● ● | Apply a small amount to dampened skin with a gentle circular motion. Rinse with tepid water. |
| STEP 2 |  RESCUE Calming Complex | AM PM | — ● | ● ● | ○ ○ | Apply the cosmetic calming complex liberally as needed to help soothe and calm the skin. |
| STEP 3 |  RECLAIM Hydrating Support | AM PM | — ● | ○ ● | ○ ● | Apply liberally once or twice daily to supply vital skin cell nutrients and hydration. |
| STEP 4 |  FORTIFY Vita C Serum | AM PM | — — | ● ○ | ● ○ | Apply 1-2 metered doses to cleansed, dry skin daily to protect and strengthen the skin. |
| STEP 5 |  SHIELD Zinc Oxide 21% SPF 30 | AM PM | — — | ● — | ● — | Apply evenly to skin before exposure to sun and as needed. |

— None ● Recommended ○ As needed

If you have excessive swelling contact the office immediately at 270.651.4772 during business hours. For an after hours emergency please contact your technician. For increased redness swelling or uncontrolled pain please visit an after hours medical provider.

Additional Instructions: _____
