



## **PRE AND POST CARE INSTRUCTIONS SKINPEN MICRONEEDLING**

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 breakouts or open lesions. Please consult your provider prior to your SkinPen® procedure to address any such issues. If you have recently used spray or self-tanning lotions on treatment areas before your SkinPen® procedure, discuss with your provider. If you are on autoimmune therapy, ask your provider if the procedure is appropriate for you.

### **Pre Treatment**

- Avoid sun exposure for 24 hours.
- Discontinue the use of topical products containing AHAs, Retinol or Vitamin A for 3 days prior to your SkinPen® procedure
- Avoid Isotretinoin (Accutane®) use 6 months before your SkinPen® procedure, as isotretinoin use may impair proper wound healing.
- For males: Shave the night before or morning of treatment.

### **Post Treatment**

- Your skin may look like you have a sunburn.
- You may have slight swelling which should resolve in 1-2 hours.
- The day after your treatment, cleanse the skin with gentle cleanser and tepid water for 72 hours.
- Use an antioxidant serum to help heal the skin.
- Use a hydrating lotion daily.
- Use sunscreen SPF 30 daily.
- Avoid sun, tanning beds and sunless tanning products
- Do not use make-up for 24 hours after treatment.
- Do not exercise or do any strenuous activity that causes sweating for 24 hours after treatment.
- Do not go swimming for 48 hours after treatment.
- Do not use any 'active' skin care products like Hydroxy acids, Retinols or Vitamin C for 3 days after treatment.

**Please contact your provider immediately if you notice any blistering, rash, crusting, pus, tenderness or any other changes that may concern you.**

**We want you to be completely happy with your visit to Eterna!  
Call the office with any questions or concerns 253.268.3400 or after hours 253.249.6979.**

**If you are pleased with the service you received today, we invite you to post a review on  
Yelp or Google.**