

SkinPen Microneedling

Pre & Post Care Guidelines

Medical Contraindications

Treatment is not recommended if you:

- Have active skin cancer in the treatment area
- Have open wounds, sores, or irritated skin in the treatment area
- Have an allergy to stainless steel or anesthetic
- Have a hemorrhagic (bleeding) disorder or hemostatic dysfunction
- Are pregnant or nursing
- Are currently taking drugs with isotretinoin (such as Accutane) — must be stopped **6 months prior**

Precautionary Contraindications

Treatment should be approached with caution if you have:

- Actinic keratosis
- Active acne
- Collagen vascular disease or cardiac abnormalities
- Diabetes
- Eczema, psoriasis, or other chronic skin conditions in the treatment area
- Immunosuppressive therapy
- History of contact dermatitis
- Raised moles in the treatment area
- Rosacea
- Active bacterial, fungal, or viral infections
- Keloid scars
- Use of anticoagulants (blood thinners)
- Scars and stretch marks less than 1 year old
- Scleroderma
- Wound-healing deficiencies

Pre-Care Instructions

Please consult your doctor before stopping any prescription medications.

The timelines below indicate the last day to perform these activities prior to treatment (specific to the treatment area).

14 days prior:

- No IPL or Laser treatments
- No Botox, filler, or similar injections

7 days prior:

- Stop waxing, depilatory creams, or electrolysis
- Discontinue spray/self-tanning lotion
- Stop Prescription Retinoids (Tretinoin / Retin-A)

72 hours prior:

- Do not take blood-thinning medications
- If prone to cold sores, begin your antiviral medication

24 hours prior:

- Stop taking anti-inflammatory medications
- Discontinue Actives (*See list below)
- Absolutely NO sun exposure

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Post-Care Instructions

- No sun exposure and no sweating for 72 hours
- You will be given a Post-Care Kit with instructions

For the first 24 hours:

- Use only: Skinfuse Lift HG Glide Gel and the Biocellulose Mask
- SPF: None (do not apply sunscreen)

After 72 hours:

- Resume normal skincare routine with caution
- Wait 7 days before restarting Prescription Retinoids (Tretinoin / Retin-A)
- You may use Kukui Nut Oil as needed — rich in antioxidants (A, C, E), non-comedogenic, and traditionally used in Hawaii to soothe and heal skin

Other Things to Note

- Always touch your face with clean hands
- Use Cleanskin Club Towels to dry your face
- Sleep on new or clean pillowcases (100% cotton or bamboo recommended)
- Makeup: Only if absolutely necessary (after 24 hours); choose mineral makeup
- Waxing: Wait 7–10 days
- Hydrate! Drink plenty of water
- Ice may be applied to reduce inflammation
- Flaking may occur — this is natural. Do not pick, scratch, or scrub; allow skin to shed naturally
- Book your next microneedling session in 4–6 weeks, a series of 6 is recommended!

Actives

- Benzoyl Peroxide
- Over-the-counter Retinol/Retinal (Retinoids)
- AHA/BHA (Alpha Hydroxy and Beta Hydroxy Acids)
 - Glycolic Acid
 - Lactic Acid
 - Salicylic Acid
 - Mandalic Acid