**SkinPen Precision Microneedling: Patient Information and Aftercare**

**What is the SkinPen Precision Microneedling Device?**

The SkinPen Precisionis a microneedling device which delivers 1000’s of micro surgical needle insertions rapidly and enables the practitioner to adjust speed and depth to suit the area of skin and indication for treatment. Because the needle insertions are so rapid, this is a pain free treatment.

**How Does it Work?**

When the skin is injured, the injury or wound triggers a natural healing response, cells are stimulated to create new, stronger collagen, elastin and hyaluronic acid to repair the injury. Because this technique retains a healthy epidermis (the surface layer of the skin) the resulting repair leads to a healthier skin, both in appearance and function.

**Used to Treat**

* Open pores
* Fine lines and wrinkles
* Skin laxity
* Superficial pigmentation
* Scarring (including acne scarring)
* Stretch marks
* Dull, tired skin

**Does it Hurt?**

This is not a painful treatment, indeed, patients describe it as quite pleasant and relaxing. To ensure your comfort, we do apply a topical anaesthetic cream to numb the skin prior to treatment.

**Is it Safe?**

Since this treatment relies upon natural processes and causes only micro fine, controlled injury to the skin, it is considered very safe, when the appropriate devices are used in trained hands.

**Am I Suitable for Treatment?**

The practitioner will take a detailed medical history to ensure you have no conditions that might increase risk of unwanted side effects, consultation is also important to discuss your expectations and whether or not this treatment is able to meet them.

**How Long will Results Last?**

The optimum result is achieved over a course of treatments and over a period of months. **Depending on the treatment indications a course of between 3 and 5 treatments 4-6 weeks apart will be recommended.**

Most patients report a noticable improvement after the first two weeks and report skin feels smoother, softer and looks fresher, but the real changes occur from about 12 weeks. Skin quality continues to improve for up to nine months!

**Before Treatment**

All make up will need to be removed prior to treatment, so please come ‘fresh faced’ if possible.

Alcohol, aspirin, Ibuprofen and a range of dietary supplements including; St. Johns Wort, fish oils, Gingko Biloba, Vitamins C and E- may all contribute to bruising and are best avoided 24 hours before treatment.

Treatment cannot be administered if there is an active skin infection, including acne or cold sores or if you are unwell- including colds, coughs, sore throats etc. Do contact the clinic to discuss any illness or new medicines prior to attending.

**Don’t have any other clinical treatments for 1-4 weeks before treatment. Speak to your practitioner for exact advice on how best to combine other treatments you may be having or may want to start having.** No Botulinum Toxin A treatment is advised for a minimum of 2 weeks before or after SkinPen Microneedling. No HA dermal fillers are advised for a minimum of 4 weeks before or after SkinPen Microneedling

**Aftercare Advice**

Immediately after treatment your skin will be pink. Redness varies from one individual to another, from pale pink blush to beetroot red. Any redness is expected to resolve steadily over hours, sometimes it may take 3 or 4 days to return to normal colour. Make-up can be worn the next day. If redness worsens, or itching occurs in the first few hours after treatment, cold compresses, or an anti-histamine tablet will help to resolve any discomfort.

**Post treatment the skin will be reddened, possibly a little “puffy” you may be aware of a little tenderness.**

**You will also experience skin tightness and the skin is likely to “flake” in the first few days. Do not pick at any flaking skin it should be left to shed naturally.**

**DO’s**

• Do use the remaining HG lift that your practitioner will have given to you and the day after treatment use the Rescue product to calm and soothe

• Do resume normal skincare only after 24 hours, please note the skin will feel tight and extra thirsty. The use of a medical grade repair serum is recommended to support healthy skin repair and boost results.

• Do keep out of the sun on the day of treatment and for the following 24 hours also.

• Do use sunscreen factor 50 and keep out of direct sunlight to maximise long term results

• Do have a clean pillowcase on your bed and use clean towels.

**DON’Ts**

• Don’t touch the skin unnecessarily immediately post treatment this will be important to avoid any post treatment infection.

• Don’t apply makeup for 24 hours post treatment.

• Don’t use harsh perfumed, astringent, AHA or alcohol containing products in the area for 24-48 hours post treatment. Do not use hair dyes for a week following treatment.

• Don’t go swimming or in chlorinated water for 4-5 days post treatment and please

• You are advised to avoid alcohol, vigorous exercise, and extremes of heat or cold for 48 hours post treatment. These activities have been found to increase and prolong redness and swelling

• **Don’t have any other clinical treatments for 1-4 weeks post treatment. Speak to your practitioner for exact advice on how best to combine other treatments you may be having or may want to start having.** No Botulinum Toxin A treatment is advised for a minimum of 2 weeks before or after SkinPen Microneedling. No HA dermal fillers are advised for a minimum of 4 weeks before or after SkinPen Microneedling

• Don’t shave or use any after-shave type products over the area that has been treated for 12-48 hours post treatment.

• Don’t allow any pets to lick the area that has been treated- this is likely to lead to infection.

**Use only the Bellus SkinFuse HG recommended product until skin colour returns to normal, then usual skin care may be resumed.**

**Should you experience any unexpected side effects or any that concern you, please do not hesitate to contact us if you have any concerns.**

**Feedback**

Amy Robbins is accredited by Save Face, a voluntary register of practitioners and clinics such as ours. The accreditation process is robust and provides independent, third party validation and verification of our qualifications, safety and quality of care and service.

Your feedback and testimonials help others to select/judge our service and enable us to audit our practice and ensure we maintain standards.

We welcome feedback directly to the practice via the website or the Contemporary Aesthetics website with both having links to the Save Face website for feedback. Emails, Facebook, Google and Instagram reviews are also more than welcome.