

# REFINED BEAUTY

## SkinPen® Microneedling Pre and Post care instructions

### PRE-PROCEDURE INSTRUCTIONS

- No Retin-A products or applications 24 hours prior to your treatment.
- Avoid sun exposure/burn 24 hours before treatment. A Microneedling treatment will not be administered on sunburned skin.
- Avoid autoimmune therapies for least 24 hours before your treatment
- If an active breakout, cold sores or open lesions occurs before treatment, please reschedule your appointment.
- Wait 6 months following oral isotretinoin (Accutane) use.
- Skin types Fitzpatrick IV-VI, pigment may darken prior to lightning.
- Wait at least:
  - o 72 hours before or after Botox treatment to have a Microneedling treatment done.
  - o 1 week before or after any dermal filler treatment.
  - o 1 month before or after laser treatments, chemical peels or microdermabrasion treatment.

### DAY OF TREATMENT

- Arrive at the office with a clean face - washed and without makeup.

### AFTER YOUR PROCEDURE

- Immediately after your treatment, you will look as though you have a moderate to severe sunburn and your skin may feel warm and tighter than usual. You may also notice some slight swelling, both are normal and should diminish within the same day or within 24 hours. You may see slight redness after 24 hours but only in minimal areas or spots.
- If you are concerned about any reaction, please call our office

### AFTER CARE INSTRUCTIONS

- Avoid touching, washing or applying anything on the treated skin for the first day. Use only the Skinfuse Lift HG for the first 24 hours.
- After 24 hours, you can use a gentle cleanser to cleanse the skin and apply the Skinfuse Rescue Calming Complex.
- After the initial 24 hours, apply a chemical-free broad spectrum UVA/UVB sunscreen minimum SPF 30 every day, and avoid sun exposure.
- Resume normal skin care routine and makeup application 2 days after treatment.

### THINGS TO AVOID

- For at least 3 days post treatment, do NOT use any Alpha Hydroxy Acids, Beta Hydroxy Acid,

Retinol (Vitamin A), Vitamin C (in a low pH formula) or anything perceived as 'active' skincare.

- Avoid intentional and direct sunlight for at least 72 hours.
- Do not go swimming for at least 24 hours post-treatment.
- No exercising or strenuous activity for the first 24 hours post-treatment.