

Skin Pen Microneedling Therapy

- ❖ Improves acne scars and softens the appearance of other scars
- ❖ Stimulates collagen production and improves skin texture

A series of four treatments (or more) are set at 4-6 week intervals

Pre-treatment instructions:

1. For one month before treatment avoid sun exposure. Wear a sunscreen with at least a SPF 30 at all times when outdoors. If your skin is even slightly tanned the risk of discoloration increases after treatment.
2. Avoid retinoids (Retin-A™, Tazorac™, Renova™, Differin™, Epi Duo™, Epiduo Forte™, Atreno™, Veltin™, Ziana™ Skin Medica/SkinCeuticals/Avene or other Retinol) and Glycolic Acid products for five-seven days prior to treatment. Avoid exfoliating cleansers for one week before treatment.
3. Avoid aspirin, ibuprofen (Advil, Motrin), Aleve and fish oil for 5 days before each treatment.
4. Arrive 30 to 40 minutes before treatment for our staff to apply topical anesthetic.
5. Bring a hat with a brim to wear home from the procedure.

After treatment instructions:

1. **Avoid** retinoids (Retin-A™, Tazorac™, Renova™, Differin™, Epi Duo™, Epiduo Forte™, Atreno™, Veltin™, Ziana™ Skin Medica/SkinCeuticals/Avene or other Retinol) and Glycolic Acid products for **five days**. Avoid exfoliating cleansers for 2 weeks.
2. Apply SPF 30 or greater **sunscreen daily**. Prolonged sun exposure is to be avoided for 4 weeks before and after treatment. Sun exposure may cause certain complications (possibility of blistering and/or hyperpigmentation).
3. Makeup can be applied as long as the skin is not broken. Makeup can also serve to protect the skin from sun exposure.
4. Immediately after treatment your skin will be evenly red and feel sensitive like a sunburn, and this should resolve over 24-48 hours for a lighter treatment (for mild sun damage) or over 24-72 hours (for deeper treatment, such as for acne scarring).
5. ***Avoid sweaty exercise and sun exposure for **3 days after treatment**.***
6. Use the SkinFuse Post Treatment Kit after your treatment for one week. (included with your SkinPen package) Apply only Rescue Calming Complex the day of the procedure.

Purify Cleansing Complex
Rescue Calming Complex
Fortify Vitamin C Serum
Reclaim Hydrating Support
Shield Zinc Oxide SPF30

7. At about day 7-10 after treatment, **start SkinFuse Surge, a combination Vitamin C and Retinol gel (included in your package), to assist with stimulating new collagen formation.** Apply Surge once weekly for 2-3 weeks, and if no irritation occurs increase to twice a week throughout your SkinPen course of treatments. At the same time you can restart your regular skin care products, including antiaging skin products, such as TNS, SkinCeuticals Discoloration Defense, Vitamin C serums (can be used in addition to the Vitamin C in SkinFuse Surge), and glycolic cleansers or serums. Since SkinFuse Surge has retinol, you do not need to restart your retinol if you usually use one. This will reduce the chance of irritation. Once you have completed the 4 SkinPen treatment sessions and post-treatment products, restart your own retinol.