

## Skin Pen MicroNeedling Therapy

Skin Pen Microneedling Therapy stimulates collagen production, improves skin texture, reduces acne scars and can improve the appearance of other scars

An initial series of 4 treatments is set at 4-6 week intervals. Additional series can be done, as the skin will continue to respond by increasing collagen production with additional treatments.

### 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 (tretinoin, Retin-A™, Tazorac™, Aklief, Arazlo™, Differin™, Epi Duo™, Epiduo Forte™, Altreno™, Ziana™, SkinCeuticals Retinol/Avene Retrinal or otc retinols) and Glycolic Acid products for 5-7 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 each treatment for our staff to apply topical anesthetic.
5. Bring a hat with a brim to wear home from the procedure.

### After treatment:

1. **Avoid** retinoids (tretinoin, Retin-A™, Tazorac™, Aklief, Arazlo™, Differin™, Epi Duo™, Epiduo Forte™, Altreno™, Veltin™, Ziana™ SkinCeuticals retinol, Avene Retrinal or otc retinols) and Glycolic Acid products for **5-7 days**.  
**Avoid exfoliating cleansers for 2 weeks.**
2. Apply SPF 30 or greater mineral/physical **sunscreen daily**, beginning the day after the procedure. Prolonged sun exposure is to be avoided for 4 weeks before and after treatment. Sun exposure may cause complications (possibility of blistering and/or hyperpigmentation or hypopigmentation).
3. Makeup can be applied the day after the procedure as long as the skin is not broken.
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 2-4 days (for deeper treatment, such as for acne scarring).
5. \*\*\*Avoid sweaty exercise and sun or wind exposure for **3 days after treatment**. \*\*\*
6. **Use the SkinCeuticals Post Procedure kit after your treatment for one week.** (included with your SkinPen package for Face only).

#### **Your kit includes the following products:**

Soothing Foam Cleanser  
CE Ferulic Serum  
PhytoCorrective Mask  
SPF 30 Mineral Sheer Sunscreen

On the day of the procedure apply the PhytoCorrective Mask 2-3 times that day/evening and cleanse in the evening with the Soothing Foam Cleanser. Starting the day after the procedure, apply CE Ferulic serum at least twice a day, PhytoCorrective Mask at least three times a day, and the Mineral sunscreen at least in the AM. Cleanse with the Soothing Foam cleanser each evening.

7. About a week after treatment restart your regular skin care products, including antiaging skin products, such as TNS Advanced Plus serum, retinol or tretinoin, glycolic cleansers or serums, and your regular sunscreen.