

Pre-Treatment Instructions for SkinPen Microneedling

- Discontinue retinoids, benzoyl peroxide, alpha and beta hydroxy acids, depilatory creams, and other potential irritating ingredients three days before treatment.
- Avoid laser and light-based treatments, electrolysis, waxing, laser hair reduction, neuromodulator treatment, filler and other injections three days before treatment.
- If instructed, follow specific skin prepping guidelines for indicated time frame to minimize risk of developing post-inflammatory hyperpigmentation.
- If instructed, take prescribed medication(s) to help prevent cold sores and/or infection.

Aftercare Instructions for SkinPen Microneedling

- Avoid use of retinoids, benzoyl peroxide, alpha and beta hydroxy acids, depilatory creams, and other potential irritating ingredients for at least seven days or until treated area is well healed.
- Use cool water with a gentle cleanser (Skin Wise Organics Gentle Cream Cleanser) to wash treated area for at least seven days or until treated area is well healed.
- It is important for the treated area to remain soft and pliable while healing with gentle moisturizing formulas. Skin Wise Organics Soothing Barrier Ointment is recommended.
- Avoid direct sun exposure for at least one week or until treated area is well healed. Always use a SPF 30+ sunscreen containing 5%+ zinc oxide (ElaMD or NMD Sunscreen* preferred).
- 1% hydrocortisone cream (available at drugstores) may be used temporarily to relieve itching.
- Skin Wise Organics Soothing Barrier Ointment may be used to provide comfort and promote healing.
- Cool compresses can be used to provide comfort and reduce swelling.
- Do not pick or scrub the treated area.
- Avoid strenuous activity and exercise for two days or until treated area is well healed.
- Avoid swimming, saunas, and steaming for at least seven days or until skin is well healed.