

## MICRONEEDLING PRE-CARE:

- If you are prone to herpes simplex outbreaks, such as cold sores, consult your provider prior to your treatment to ensure you are pre-treated with anti-viral therapy.
- If your face or treatment area has irritated skin (sunburn, open wounds, sores) the day preceding your appointment, please contact our office as we may need to postpone your treatment.
- This procedure may not be performed on active breakouts or open lesions.
- Wait at least 6 months post isotretinoin (ACUTANE) use before your microneedling procedure as isotretinoin may impair proper wound healing.
- If you have recently used spray or self-tanning lotions on treatment areas before your procedure, discuss them with your provider.
- Avoid sun exposure for 24 hours prior to your procedure.
- Discontinue the use of topical products containing AHAs, retinol or vitamin A for 24 hours prior to your procedure.
- If on autoimmune therapy, ask your provider if the procedure is appropriate for you.

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## MICRONEEDLING POST-CARE:

- The treated area may be pink and mildly inflamed (like the appearance of a mild sunburn) for 24-48 hours following your SkinPen® procedure.
- Unexpected complications may occur if you apply facial products that have not been proven to be safe post procedure.
- Avoid strenuous exercise or excessive perspiration for 72 hours post treatment as excess blood flow and sweat can cause discomfort and irritation to already compromised skin.

## DAY OF PROCEDURE:

- Skinfuse® LIFT HG may be applied 1x every 4 hours as needed for hydration.
- Strictly avoid sun exposure (do not apply sunscreen); wear a wide-brimmed hat.

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## DAY AFTER PROCEDURE:

- Use a gentle cleanser (Cetaphil® or provider recommendations) AM and PM.
- Apply sunscreen (preferably mineral) 24 hours post procedure.
- Continue to minimize sun exposure for 72 hours following the procedure.

## 2-3 DAYS AFTER PROCEDURE:

- Use a gentle cleanser AM & PM.
- Continue to wear sunscreen daily.
- Apply a topical moisturizer.
- Wait at least 5 days post procedure to start skin care regimen and vitamin C. Wait 7 days before re-starting retinol or Retin-A products.
- If you have any questions or concerns, please call our office for assistance, 715-847-0000

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