

WINGATE

PLASTIC SURGERY



Skin Pen Pre & Post Instructions

At Wingate Plastic Surgery, your comfort and safety are our highest priority. Please review these guidelines carefully to ensure the best possible outcome.

Pre Treatment

- Avoid prolonged sun exposure, tanning bed, spray tan, or self tanners for 4 weeks prior to treatment.
 - Discontinue use of exfoliants (glycolic, salicylic) & retinoids 72 hours prior to treatment.
- Inform your provider if you have a history of melasma, recent use of Accutane (within 6 months), or any history of photosensitivity.
- If you are prone to cold sores (Herpes Simplex Virus), begin an antiviral (Valtrex) the day before treatment as prescribed.
- Arrive for your appointment with clean, makeup free skin. Gentle skincare and sunscreen are acceptable.

Post Treatment

- A sunburn sensation and swelling may occur immediately after treatment and continue for up to 72 hours.
 - Skin might feel very sensitive for 72 hours following treatment.
- Apply Hydrinity Restorative HA/Alastin Nectar/Plated Intense serum.
 - Avoid wearing makeup over treated areas for 72 hours.
 - Avoid strenuous exercise, shaving and exfoliating for 5-7 days.
 - Avoid hot tubs, saunas, and steam rooms for 3-7 days.
- Strictly avoid prolonged sun exposure for at least 2 weeks. Daily sunscreen is required.

What to expect during treatment:

We start by cleansing the skin and applying a topical numbing cream. The numbing cream will stay on for 30 minutes. Once you're numb, we will remove the cream and cleanse the skin again. A water-gel is applied for the microneedling pen to glide on. The treatment takes anywhere from 30-60 minutes. After treatment your skin may appear red with inflammation like sunburn and will feel tight, tender and dry. You may experience sensitivity similar to a sunburn, as well. As the redness subsides, your skin will begin to flake and dead skin will naturally peel away as newer, fresher skin takes its place. Your skin may continue to feel numb especially around your nose & mouth for a few hours after the treatment.

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Post Treatment

Day of: Bring a wide-brim hat to your appointment to protect your skin. Stay well-hydrated to support your skin's healing process. We recommend sleeping on a clean pillowcase following your treatment to reduce the risk of irritation and bacteria exposure. Sleep with your head elevated to help swelling.

Next Day Skincare

AM: Gently cleanse for 30-60 seconds. Pat skin dry with a soft towel or cloth. Spray Hyacin Activ and let dry for 60 seconds. Apply any post care eg Plated Intense, Hydrinity Restorative HA, or Alastin Nectar. Apply additional skin care approved by your provider and **always** follow up with sunscreen.

PM: Double cleanse with a gentle cleanser. Pat skin dry with a soft towel or cloth. Spray Hyacin Activ and let dry for 60 seconds. Apply any post care eg Plated Intense, Hydrinity Restorative HA, or Alastin Nectar. Apply any additional skincare approved by your provider.

Returning to Daily Care

Once your skin has healed and any redness, sensitivity, or peeling has subsided, you may gradually resume your regular skincare routine. Reintroduce active products such as retinoids, exfoliants, or acids slowly and only as tolerated. Continue using your post-care products as directed until they are finished.

Miscellaneous

- You may use your right light device the following day to aid in the healing process.
- If you are feeling uncomfortable after treatment, you may take Acetaminophen. We do not recommend taking any Ibuprofen or nSAIDs (i.e. Motrin, Advil, Aleve) as this may disrupt the healing process.

If you have any questions about your routine please feel free to call the office at 610-813-9335 or email Emily directly at glowteam@wingateplasticsurgery.com.