



Post Care Instructions for Clear & Brilliant

What to Expect:

- Redness and swelling - will diminish/resolve within 12-24 hours
- Skin Flaking - typically resolves 4-7 days
- Dryness, sandpaper feel
- Skin appearance to be slightly darker - typically resolves 4-7 days
- Sun burn feel/heat sensation

Tips & Tricks:

- Cooling gels, masks, and handheld fans help with the heat sensation
- Use bland moisturizers and mild cleansers
- Avoid exposure to sunlight
- Use SPF DAILY (UVA/UVB) 30 or more
- Ice packs - great for swelling, heat, and itching
- Allow the skin to heal itself, do not rub, scrub or pick
- No makeup/SPF for 12 hours
- Do not use abrasives scrubs, toners or products containing glycolic acids or Retin A until skin has healed



Post Care Instructions for SkinPen

Before your SkinPen Microneedling Procedure:

- The following products should be discontinued 5 days prior to your SkinPen Microneedling procedure: Retin-A, topical Vitamin C, AHA, BHA, and any other products that contain active ingredients. Also any blood thinning medications such as (Aspirin, Fish Oils, and Vitamin E).
- Procedure can be performed 2 weeks after dermal filler
- Procedure can be performed 48 hours after Botox injections or up to an hour prior to Botox.
- Accutane should be discontinued 6 months prior to procedure.
- 20 minutes prior to procedure: wash your face, wipe with alcohol, apply numbing cream.

After your SkinPen Microneedling Procedure:

- **Day 1** - the day of your SkinPen Microneedling procedure, do nothing to your skin until the following morning
- **Day 2 & 3** - cleanse your skin with a gentle cleanser, apply HG Lift and Rescue, a physical defense chemical-free SPF and makeup.
- **Day 4 & 6** - you may resume your normal skincare regimen, as prescribed by your Aesthetician **EXCEPT** Retinol, alpha hydroxy acids, and/or Beta hydroxy acids.
- **Day 7** - you may resume **ALL** skincare products as prescribed

Expectations:

- You may experience temporary pinpoint bleeding that will subside by the end of your procedure
- As with most skincare treatments and procedures, your skin may “purge” a few days after the procedure, including acne breakouts which should be minor, if they occur at all
- You may also experience minor bruising and/or mild flaking, if at all.