

Avalon Laser

DERMAPEN PRE- AND POST- PROCEDURE CARE INSTRUCTIONS

Derma-Pen is an excellent resurfacing treatment to help reduce stretch marks, remove scars, tighten loose skin and improve many types of skin irregularities. By following a few precautions you can help achieve the best possible results.

PRIOR TO TREATMENT:

- * Avoid Retin-A products or applications for at least 3 days prior to treatment.
- * Avoid prolonged sun exposure or sun burns to the treatment area at least 24 hours prior to treatment.
- * Make sure your skin is clean and free of make-up before your appointment.
- * If you have any skin breakouts (acne, cold sores, etc.) please call the office immediately so that we can determine whether it will impact your treatment and whether we need to reschedule.

AFTER TREATMENT:

- * Avoid direct sun exposure for at least 7 days and do not apply any products/sunscreens/etc. for at least 24 hours after Dermapen treatment to avoid skin irritation. Many products can delay skin healing.

If directed to do so, apply Tensage Ampoules twice a day after cleansing your skin with a gentle cleanser in the morning and evening. The one we recommend is the "Don't Be So Sensitive" brand made specifically for this purpose.

- * Do not perform any vigorous exercise for at least 24 hours after treatment. Sweat can sometimes irritate the skin.
- * Do not apply make-up for at least 24 hours after the treatment. When eventually applying makeup, mineral makeup is best.
- * After at least 24 hours, it is recommended you apply daily sunscreen of at least 30SPF to protect your skin.
- * It is possible that Dermapen needling can occasionally trigger a cold sore response in some patients. If you are especially susceptible to breakouts, please let us know and we can arrange for prophylactic medication to help avoid this.

RECOVERY TIMELINE:

Day 1: You may see skin tightness, shininess and redness. This may vary across the treated area.

Continue using your Tensage ampoules morning and evening as directed.

Day 2: The skin may appear slightly red or pink. Some swelling may be noticeable. This is normal.

Apply a cool compress over the area if needed.

Day 3-5: Redness and swelling should gradually decrease.

For the first 1-3 days, your skin may feel very dry and/or feel tight. Use any recommended products as directed. After about 5-7 days you can return to regular skin care products. Avoid alcohol based products for at least 10-14 days. Over the next month, you should notice significant improvement in skin texture, appearance and tightening. The more sessions of Derma-Pen you have, the more improvement you can expect. Beneficial changes will continue up to 1 month after treatment as the skin remodels, more collagen is formed and deeper improvements begin to show on the surface. During this time it is helpful to avoid skin trauma while healing occurs.

Please call us immediately if you see persistent or worsening redness, pain or swelling 5 days after treatment!