



PALMETTO FACIAL PLASTICS

Helen A. Moses, MD

SkinPen Microneedling Pre & Post Procedure Instructions

Pre-Procedure Instructions & Precautions

- Avoid sun exposure/burns 24 hours prior to treatment. The procedure will not be performed on sunburned skin.
- Discontinue use of retinoids 24 hours prior to treatment.
- No auto-immune therapies or products 24 hours prior to your treatment.
- Darker skin types (Fitzpatrick IV-VI), pigment may darken prior to lightening.
- Ensure 2 weeks between last Botox or dermal filler treatment & your microneedling procedure.
- Ensure 1 month before or after laser treatments, such as IPL, VBeam, etc, or any chemical peels, or microdermabrasion treatments.
- Wait 6 months following oral isotretinoin (Accutane) use.
- If you are prone to cold sores, or fever blisters, please notify Dr. Moses at least 5-7 days prior.
- On the day of the procedure: please keep your face clean & do not apply makeup.
 - If you are taking a blood thinner, or any medication that makes you bleed easily (aspirin, Motrin, Advil, Aleve, fish oil), please notify Dr. Moses as well as your prescribing physician. You may need to discontinue this prior to the procedure – please check with your physician prior to doing so.

Post-Procedure Instructions & Precautions

- Immediately after your treatment, you may look as though you have a moderate to severe sunburn. Your skin may feel warm & tighter than usual or may be slightly swollen. All of this is normal & should subside after 1-2 hours & will normally diminish within the same day or 24 hours. You may see slight redness after 24 hours but only in minimal areas or spots.
- *If you are concerned about any reaction, please call our office immediately.*
- Only use the Lift Serum (#1) for the first 24 hours or when the bottle is empty. When the Lift serum is empty, use the Rescue Calming Complex (#2) until it is empty.
- **DO NOT** use any other skincare products during the first 24 hours.
- **After 24 hours**, use a gentle cleanser to clean the face for the following 72 hours & gently dry the treated skin. At this point, resume use of broad spectrum sunblock with zinc oxide as well.
- **Avoid sweaty exercise, strenuous activity, & sun exposure for 3 days after treatment.**
- **You may resume your normal anti-aging skincare routine after 7 days (including Vitamin C serum, hyaluronic acid serums, retinoids, glycolic or salicylic based cleansers etc).**
- **DO NOT** go swimming for at least 24 hours post-treatment.
- Makeup may be applied after 24-36 hours following treatment, once the channels have closed.
 - **Day 1 – Mild to moderate redness & swelling, similar to a sunburn. No sunscreen or makeup.**
 - **Day 2 – Some persistent redness & swelling may be present. May apply sunscreen & makeup.**
 - **Day 3 – Most redness, bruising & swelling almost gone.**
 - **Day 4 – Skin should return to normal appearance without makeup.**