
SKINPEN SKIN REMODELLING PRE & POST CARE

Pre-care

- Please discontinue products containing any exfoliating agents (retinoic acid, tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, astringents, etc.) 24 hours before treatment.
- Avoid sun exposure/burns twenty-four (24) hours prior to treatment.
- You should not have an active breakout, active cold sores, or open lesions. If this occurs, your SkinPen treatment should be rescheduled. If you have a history of herpes or cold sores, we highly recommend a course of anti-viral medication pre and post treatment. This will prevent an outbreak of cold sores if you are prone to them. Cold sores can also break out on people who are not prone to them, but who have sensitive skin.
- Allow at least 12 hours after autoimmune therapies before having a SkinPen treatment.
- Wait 6 months following isotretinoin (Accutane) use
- Skin types Fitzpatrick IV-VI, pigment may darken prior to lightening.
- Wait at least 48 hours before or after Botox treatment to have a SkinPen treatment.
- Wait at least 2 weeks before or after any fillers such as Juvederm, Restylane, etc.
- Wait at least 1 month before or after laser treatments (such as IPL), chemical peels or Microdermabrasion treatments.

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Post-care

Immediately Following Treatment:

- Do not apply anything to the skin for 6-8 hours after treatment. This includes make-up, SPF or products of any kind.
- Days 2 through 4 post procedure – Use a gentle cleanser and a zinc oxide sunblock as well as continue using the Rescue Calming Complex and the Lift HA Serum.
- Avoid clothing, headbands, hats or scarves on the treated area. If clothing has to be worn over the treatment area, we recommend cotton clothing that hasn't been treated with fabric softeners or dryer sheets.
- Redness and/or swelling is common and will resolve within 1-2 days.

8 Hours After Treatment

- Cleanse skin then apply the Rescue Calming Complex and the Lift HA Serum. Do not apply anything else to the skin.

Days 1-6 Post Treatment

- AM Routine-Cleanse skin then apply the Rescue Calming Complex and the Lift HA Serum. Follow with SPF.
- PM Routine- Cleanse skin then apply the Rescue Calming Complex and the Lift HA Serum.
- Bruising, pinpoint bleeding, minor scabbing, minor breakouts, swelling and/or redness may occur and will resolve within 7-10 days of treatment.
- Do not pick, peel, rub, scrub or irritate your skin in any way while it is healing, as this may cause scarring.
- Avoid heat, saunas, hot tubs and sweaty activity; this includes exercise of any kind.
- Avoid sun exposure for 3 days
- Do not use an electric or manual facial brush of any kind
- Mineral make-up may be worn, however, we recommend leaving skin clean for this time period if possible.

Days 7+

- You may resume your regular skin care routine as long as peeling/flaking has subsided. If you are still peeling/flaking, be patient and allow your skin the time it needs to heal before starting back on your routine.

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