

## **Pre- and Post-Treatment Protocol for Microneedling (SkinPen)**

### **One week prior to treatment:**

- Discontinue the use of any retinols, AHAs/BHAs, and exfoliating products and/or devices.
- Avoid sun exposure, including tanning beds, for one week.
- Inform your provider of any medical conditions such as pregnancy, cold sores, fever blister tendencies, and all current medications.

### **Post-treatment:**

- For the first 24 hours after your treatment you should avoid washing your face, participating in strenuous exercise, or using saunas, hot tubs or steam.
- After the first 24 hours, use only cool water and a gentle, fragrance-free cleanser.
- Apply recommended serums or balms provided and/or recommended by your provider.
- Use SPF of at least 30 daily.
- Don't pick or scratch if you have peeling skin; let it shed on its own.
- After 72 hours you may resume your normal skincare routine other than retinol and AHAs/BHAs, as these should be avoided for one full week.
- Expect dryness and flaking for about a week after treatment. Keep skin moisturized using a gentle moisturizer as recommended and/or provided by your provider.