



HORVATH DERMATOLOGY

A S S O C I A T E S

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SkinPen Procedure Guidelines

PREPARING FOR YOUR SKINPEN PROCEDURE:

- The treated area may be pink and mildly inflamed (similar to a sunburn) for 24-48 hours following your SkinPen procedure.
- Keep your skin clean and clear of cosmetics (make-up) and sunscreen for 24 hours.
- If you are prone to herpes simplex (cold sores) outbreaks, please let your provider know.
- If you are on auto immune therapy, please let your provider know.
- If your face has open areas (sunburn, wounds, sores) the day preceding your appointment, please contact your provider.
- This procedure cannot be performed on active breakouts or open lesions.
- You must wait at least six months post-isotretinoin (Accutane) use before your SkinPen procedure.
- 3 days prior to procedure **and for 3 days after procedure**, please avoid:
 - Sun exposure
 - Retin-A, Retinol, AHA/BHA, Vitamin C products
 - Spray/self-tanning lotions.
- 7 days prior to procedure, please avoid:
 - Aspirin, or pain relievers such as: Motrin, Aleve, Ibuprofen, Excedrin
 - Supplements such as: Vitamin E AREDS, fish oil, omega-3's, ginkgo biloba, green tea, niacinamide/nicotinamide, turmeric/curcumin, St John's wort, garlic, ginseng.

***If prescribed by your doctor, please do not discontinue use, but be aware you may have more bruising.**

POST SKINPEN PROCEDURE GUIDELINES

Unexpected complications may occur when products not proven safe for use with micro-needling are applied post-procedure.

- Avoid Strenuous exercise or excessive perspiration, as excessive blood flow and sweat can cause discomfort and irritation to compromised skin for 72 hours.
- Skinfuse Lift HG may be applied additionally the day of the procedure to assist with skin hydration. Re-apply as needed, up to 24 hours post procedure.
- Strictly avoid sun exposure, as you will not be able to wear sunscreen for 24 hours post treatment. You may return to sunscreen use 24 hours following the procedure but continue to avoid sun exposure for 72 hours.
- You may start Rescue calming 24 hours after procedure and wash your face with a gentle cleanser.
- You can restart "actives" such as Vitamin C, Retinols, AHA/BHA products 72 hours after procedure.