



## SkinPen Pre & Post Care Guide

SkinPen Precision is the first-to-market and U.S. Food and Drug Administration cleared microneedling device clinically proven solution to improve the appearance of the skin safely and effectively through collagen induction therapy.

**We highly recommend purchasing Alastin's Procedure Enhancement Kit (\$275) as it will include everything you will need post procedure, including a cleanser, repair serum, moisturizer, and sunscreen. This will enhance your skin's healing ability as well as your results.**

### 3 Days Prior to Treatment:

- Stop the use of NSAID medications such as Aspirin, Ibuprofen, and Naproxen.
- Avoid alcohol consumption.
- Discontinue the use of these topical products and treatments: Alpha Hydroxy Acids, Beta Hydroxy Acids, Retinol (Vitamin A), Vitamin C, physical exfoliation, chemical, or enzymatic exfoliation.
- **Sun:** Skin that is sunburned is not treatable.
- Skin that has been tanned must wait 2 weeks to be treated.
- Wear an adequate amount of sunscreen and minimize sun exposure.
- Any self-tanner applied to the treated area must be completely removed. Treatment cannot be administered if there is any tanner left on the skin.

### Day of Treatment:

- Arrive with cleansed, make-up free skin.
- Prepare to spend at least an hour and a half in the office for the duration of the treatment. The amount of time may vary depending on the area(s) being treated.
- A topical numbing of lidocaine and tetracaine compound will be applied on the skin for one hour. *(Please alert the office if you have any allergies to lidocaine, benzocaine, or tetracaine.)*

### What to Expect:

- After treatment you will look and feel like you have a moderate sunburn, which may vary depending on skin sensitivity.
- Skin will feel warm and tight.
- Skin peeling, flaking, or itching is to be expected 3-7 days post treatment.
- Redness, swelling, and sensitivity may last 1-7 days post treatment. Redness is greatly reduced by day 2.
- Collagen and elastin will start to reproduce 3-4 weeks after treatment.



#### After Treatment:

- **Cleanse:** Do not cleanse the area on the same day as treatment. You may gently cleanse the area **the day after** treatment with a gentle, fragrance-free cleanser. Make sure hands are always clean before touching the area.
- **Moisturize:** Use a gentle moisturizer on the area. We recommend Alastin Skin Nectar and Alastin Moisturizer (both included in Alastin Kit) or Neocutis Aftercare.
- **Makeup:** You may return to wearing makeup 72 hours after treatment. This will allow enough time for tiny micro holes to close. Make sure to use clean hands and makeup brushes.
- **Sunscreen:** Make sure to apply sunscreen 24 hours post procedure. Make sure the sunscreen is a broad spectrum, UVA and UVB sunscreen with a minimum of SPF30. We highly recommend the Alastin SilkSHIELD All Mineral SPF 30 as it is safe to use post-procedure. (This is included in the Alastin Procedure Enhancement Kit). Make sure to **apply and reapply** whenever you are outside, and especially when driving in the car during the day.
- **Sun Exposure:** Avoid intentional and direct sun exposure for at least 48 hours. No tanning beds.
- **Skin Care Regimen:** Do not use for at least one week post treatment: Alpha Hydroxy Acids, Beta Hydroxy Acids, Retinol (Vitamin A), Vitamin C, physical exfoliation, chemical exfoliation, or enzymatic exfoliation.
- **Working Out:** No exercising or strenuous activity for the first 48 hours post-treatment. Sweating and gym environments are harmful, filled with bacteria, and may cause adverse reactions.

#### If you experience swelling:

- It is recommended to avoid the use of ice packs, or medications to lessen swelling. Swelling is a normal side effect that is necessary to achieving optimal results.
- Stay hydrated.
- If swelling appears to be abnormal or continues longer than 7 days, please contact us.

#### Filler and Botox:

- Please wait 3-4 weeks after your injections before having your Skin Pen treatment.

---

50 NY-111, Suite 300, Smithtown, NY 11787

P (631) 352-3556 F (631) 352-3557 C (516) 672-8279

 drdavidpincus  pincusplasticsurgery  pincusplasticsurgery.com  beautiful@pincusplasticsurgery.com