



# PRE AND POST TREATMENT INSTRUCTIONS

## SKIN PEN

### PRE-TREATMENT

- ❖ When booking your Skin Pen treatment, please keep in mind the possibility of redness, swelling, flaking, and peeling after the treatment. These normal side effects usually begin to appear immediately after treatment and can take 2-3 days to resolve.
- ❖ Avoid direct sun on the treatment area for 1 week before and after your Skin Pen treatment. The treatment cannot be performed on sunburned skin.
- ❖ Discontinue Retin-A, Glycolic, Alpha or Beta Hydroxy Acids, and exfoliants for one week prior to each treatment. Discontinue Accutane (and any isotretinoin products) for 12 months prior.
- ❖ Best results are achieved when the skin is well hydrated at the time of treatment. For this reason, it is strongly advised that you prepare your skin for treatment using the skin care products listed below for 14 days prior to treatment:
  - iS Clinical Hydra-Cool Serum (AM and PM)
  - Essential Defense Broad Spectrum Sunscreen
- ❖ To minimize the likelihood of bruising, discontinue the use of blood thinning medications and supplements as follows: Fish Oil, CoQ10, Vitamin E, Turmeric, Aspirin, and St John's Wort for 2 weeks before and 1 week after treatment; NSAIDS (Advil, Ibuprofen, Motrin, Aleve, etc.) for 3 days before and 1 week after treatment; and avoid drinking alcohol the night before and the day of your treatment.
- ❖ Only with the approval of your physician, autoimmune therapies should be temporarily discontinued 24 hours before and after treatment to ensure proper healing and to minimize the chance of infection. Do not discontinue medications without consulting with your physician first.
- ❖ If your face will be treated and you have a history of facial cold sores, please notify us in advance so that we may provide you with a prescription for antiviral medication to start before your treatment. The Vivace treatment cannot be performed on your face if you have an active cold sore.
- ❖ It is important that you are in good health at the time of your treatment to ensure your body has a healthy healing response after the treatment. Healthy healing is important for your safety (i.e., to minimize infection) and to ensure good results.
- ❖ It is important to wait at least 4 weeks after a Skin Pen treatment and until any redness, swelling and/or peeling have completely resolved before getting other treatments on the same area. When getting a Vivace treatment *after* other treatments, it is important that the area to be treated is not swollen, irritated, peeling, or bruised at the time of the Vivace treatment.
- ❖ Anticipate 3-6 months after your final Skin Pen treatment to see complete results. Additional treatments are often required to achieve desired results.

### TREATMENT DAY

- ❖ Please come to your appointment with clean skin – remove all makeup, creams, and lotions.
- ❖ Please dress so that you may comfortably and modestly expose the treatment area, when applicable (i.e. chest).

### POST TREATMENT

- ❖ If antiviral medication was prescribed for you, please make sure to continue to take as directed.
- ❖ Acetaminophen/Tylenol may be taken if needed to relieve any discomfort. NSAIDS and anti-inflammatories, including but not limited to Motrin, Advil, Ibuprofen, Aleve, Fish Oil, CoQ10, and Turmeric, should not be used

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and should be avoided for 1-week post treatment to ensure optimal healing/results. Consult with your physician prior to discontinuing any medication.

### **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.
- Avoid clothing, headbands, hats, or scarves on the treated area. If clothing is 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 products recommended to you by your clinician. Do not apply anything else to the skin.

### **Days 1-6**

- SkinMedica Facial Cleanser
  - SkinMedica Restorative Ointment
  - SkinMedica Post Procedure Repair Complex
  - SkinMedica TNS Ceramide Treatment Cream
  - SkinMedica Essential Defense Broad Spectrum Sunscreen
  - Suggested Add-On: Skinmedica TNS Advance +
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- 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.
  - Mineral make-up may be worn; however, we recommend leaving skin clean for this period if possible.
  - Avoid using exfoliants, retinols, alpha or beta hydroxy acids, or topical Vitamin C products for at least a week after the treatment. Do not use any mechanical cleaning devices (i.e., Clarisonic), facial scrubs or washcloths on the treated area - only wash the area with your hands – for at least a week.
  - You may resume your regular skin care routine if 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.
  - Avoid direct sun exposure and wear a large-brimmed hat and minimum 35 SPF for at least 2 weeks post treatment. This is important to ensure proper healing and to minimize chances of scarring.
  - Please schedule your follow-up appointment 90 days after your final Skin Pen treatment to assess results and determine whether additional treatments are needed.

If you have any questions or concerns, please do not hesitate to contact our office at **727-518-7100**.

Revised 09/12/2022