



Dermapen: Pre and Post Treatment Instructions

Microneedling rejuvenates the skin using a cutting-edge microneedling device and technique. The multi-speed, adjustable and precise microneedles deliver topical products to the deep layers of the skin while gently resurfacing the upper layers of skin. Patients see improvement in texture, scars, fine lines, tone and skin glow, with minimal to no downtime.

PRE TREATMENT & PROCEDURE

- No Retin-A products or applications for 12 hours prior to treatment.
- No Auto-immune therapies or products for 12 hours prior to treatment.
- No prolonged sun exposure or sunburns to the treatment area 24 hours prior to treatment.
- Skin should be clean and make-up free.
- If an active or extreme breakout occurs before treatment, evaluate on a case by case basis.

PATIENT HOME PREPARATION:

Preparing the skin for this procedure will ensure optimum results. Healthy skin will respond better and results will last longer. Skin cells need nutrients for best function and a Dermapen recommended anti-aging regimen.

- Oral Supplements (omega-3, glucosamine and multivitamins)
- Cleansers and Toners
- Topical Vitamin A and C (avoid high dose)
- Topical Antioxidants, Copper Peptides, Topical Growth Factors
- Sunscreen

POST TREATMENT

- After the treatment, take precautions against sun exposure. Do not apply sunscreen for 12 hours after the Dermapen treatment due to the skin's channels being open for a period of time and due to the toxic nature of some sunscreens on the market.
- Do not perform any vigorous exercise for at least 12 hours after treatment.
- Do not apply make-up for at least 12 hours after the treatment.
- Dermapen may trigger a cold sore response in patients and a prophylaxis medication should be recommended to those who are prone to breakouts.
- Wash the face thoroughly a few hours after treatment. Gently massage the face with tepid water, and remove all serum and other debris such as dried blood.
- For the first 1-3 days the skin will be very dry and feel tight.
- After 2-3 days patients can return to regular skin care products or as soon as it is comfortable.
- Avoid alcohol based toners 10-14 days.
- Avoid direct sun exposure for at least 10 days if possible.

TREATMENT RECOVERY TIMELINE:

- Day 1: Swelling, red appearance will depend upon how aggressive the treatment was performed.
- Day 2: A red hue or pink hue persists like a moderate sunburn. Swelling may be more noticeable on the second day.
- Day 3: Skin can be pink or normal color. Swelling subsides.

Please call your provider with any questions or concerns you may have.