

Preparing for Your SkinPen Microneedling Treatment

Microneedling is a cosmetic procedure that delivers thousands of micro-punctures to the skin. This carefully controlled injury promotes the skin's wound healing cascade and stimulates new collagen and elastic fibers to form. Over time, this improves the appearance of texture, fine lines, discoloration, pores and scars. Be mindful that for a truly optimal cosmetic outcome a series of treatments is usually needed or a combination of synergistic treatments such as microneedling + peels. Most people do not find that a single treatment alone achieves their cosmetic goals. Improvement is gradual and may continue for months after your treatment because the production of collagen is slow.

To have the most successful experience with your microneedling treatment some careful preparation is needed.

1 month prior to your treatment:

Avoid having a chemical peel, laser or light treatment (ex. IPL)

2 weeks prior:

Avoid extended sun exposure, using a tanning booth or tanning outdoors.

* As a whole tanning should be avoided due to the increased risk of skin cancer and accelerated skin aging from UV exposure.

1 week prior:

Avoid blood thinning medications and supplements to reduce the risk of bruising (Aspirin, Alka-Seltzer fish oil, garlic, feverfew, licorice, dansen, omega-3 fatty acids, vitamin E, ginseng, ginkgo, turmeric, St Johns Wort) to reduce risk of bruising.

Avoid electrolysis, getting waxed or using a chemical depilatory treatment for hair removal.

Avoid use of a mechanical cleansing brush or device such as a Clarisonic.

Discontinue use of prescription strength retinoids such as tretinoin (Retin-A, Renova, Ziana, Aklief), tazarotene (Tazorac, Fabior) and adapalene (Differin, Epi-Duo). You may resume Rx strength retinoids 3 days post treatment after complete skin recovery.

2 days prior:

Avoid Ibuprofen or Naproxen. Acetaminophen/Tylenol is ok to use.

Avoid Neurotoxin injections (ex. Botox, Xeomin) and dermal filler injections (ex. Juvederm).

Begin your Rx antiviral medication (valacyclovir, acyclovir) and continue through the day of your treatment if you are prone to frequent cold sores.

Day of treatment:

Avoid Shaving the treatment area. You may closely shave 1 day prior to your treatment.

Come to your visit with freshly cleansed skin, meaning no lotion, oil makeup, powder, perfume or sunscreen. If needed you may cleanse your face at your appointment.

Please let your Master aesthetician know if you:

Have a history of frequent cold sores. An antiviral medication (valacyclovir) may need to be prescribed.

Are pregnant. Microneedling is not recommended during pregnancy.

Have open cuts or wounds on the face or are having an active infection or cold sore outbreak.

The procedure cannot be safely performed in this setting and should be rescheduled.

Have been on isotretinoin within the last 3-4 months to treat acne.

Have a history of keloid scars on the face or vitiligo.

Have a history of radiation treatment to the area.

Have an allergy to topical lidocaine.

Microneedling can be done year-round, but consistent sun protection both before and after your treatment is recommended to avoid irregular pigmentation and to provide the best results. We recommend using a broad-spectrum sunscreen (SPF 30 and higher) daily, wide brimmed hats and seeking shade when possible. Mineral formula sunscreens with zinc oxide are preferred.

Remember to plan your social calendar accordingly:

Exercise, use of a jacuzzi, sauna and steams bath need to be avoided for 24-48 hours after treatment.

One benefit of microneedling is the minimal downtime, but there will likely be some sunburn-like pinkness for 1-3 days after treatment and fine dryness or peeling up to 5 days post treatment. You will receive detailed post care instructions at the time of your treatment.

We are looking forward to working together towards a goal of healthy beautiful skin.