



## **SkinPen Microneedling Pre & Post-Care Instructions**

### **PREPARING FOR TREATMENT**

- Discontinue using skincare products containing retinol, glycolic acid, salicylic acid, benzoyl peroxide, or hydroquinone at least 1 week prior to your procedure.
- If you are taking Accutane, you must discontinue its use at least 6 months prior to having a VI Peel.
- If you have a history of “cold sores,” please let your provider know. Medication can be prescribed to minimize the possibility of a flare up following your treatment.
- Do not have waxing, electrolysis, microdermabrasion, laser, or any other procedures in the treatment area at least 1 week prior to microneedling treatment.

### **POST TREATMENT INSTRUCTIONS**

- Do not use any other products besides the white bottle given to you post treatment. You may use a gentle cleanser before applying the white bottle AM and PM. Please consult with the Medical Aesthetician to see if your cleanser is safe to use with your treatment. If not, please purchase a gentle cleanser or do not use any cleanser at all.
- After the first 24 hours, begin to apply Rescue (blue bottle) on top of the serum in the white bottle, along with an SPF. Your skincare routine for the next 48 hours will be; cleanser, white bottle, blue bottle, SPF.
- Strictly avoid sun exposure as you will not be wearing SPF for the first 24 hours. After the first 24 hours be sure to wear a SPF and reapply every 2 hours.
- Avoid strenuous exercise or excessive perspiration for 72 hours post-procedure, as excess blood flow and sweat can cause discomfort, irritation, and possible bacteria in the open channels.
- Avoid makeup for 48 hours post-treatment.
- Avoid using retinoids and exfoliants for a week post-procedure.