

POLYCLINIC PLASTIC SURGERY

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SEATTLE, WA 98104

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Pre-Post Procedure Instructions SkinPen Microneedling

Pre-Treatment:

- Please discontinue products containing any exfoliating agents (retinoic acid, tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, astringents, etc.) 24 hours before treatment.
- A history of herpes or cold sores will require a course of anti-viral medication pre and post treatment.
- Avoidance of Accutane for the past 6 months

Immediately Following Treatment:

- Avoid Strenuous activities/ exercise for 24 hours
- Do not apply **anything** to the skin for 6-8 hours after treatment. This includes make-up, SPF and products of any kind, unless otherwise instructed by your Esthetician.
- Avoid clothing, headbands, hats or scarves on the treated area. If clothing is to be worn over 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 over time.
- Do not take any anti-inflammatory medications such as ibuprofen, Motrin or Advil. These agents will interfere with the natural inflammatory process that is critical and responsible for your skin rejuvenation. You may use Tylenol as needed for any soreness.

6-8 Hours After Treatment:

- Cleanse skin with a Gentle Skin Cleanser followed by post care serums recommended by your esthetician. Do not apply anything else to the skin.

Days 1-3 Post Treatment:

- Avoid sun tanning and prolonged exposure to direct sunlight. When exposed to sun, always use sun screen SPF30 or above
- **AM Routine-** Cleanse skin with Gentle Skin Cleanser, apply post care serum/cream and follow with a SPF.
- **PM Routine-** Cleanse skin with Gentle Skin Cleanser and apply post care serum/cream.
- 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 strenuous exercise.
- Do not use a Clarisonic or facial brush of any kind.
- Mineral make-up may be worn, however, we recommend leaving skin clean for this time period if possible.

Days 4+:

- You may resume your regular skin care routine as long as peeling/flaking has subsided. Understand that you may or may not peel and each treatment may be different.