

eighty-two MAGNOLIA AESTHETICS & WELLNESS

SkinPen Microneedling

Pre-Treatment Instructions

- Discontinue use of exfoliants, retinols, Vitamin A/C or heavy-duty, active or abrasive ingredients 3-5 days prior to your scheduled service.
- No neuromodulators (tox) for 2 weeks prior to treatment
- Avoid anti-inflammatory medications, such as Motrin, Advil, Aspirin, or other ibuprofen products for 1 week prior to treatment. Use Tylenol if needed.
- Patients with known history of herpes simplex infections (cold sores) may be prescribed prophylactic medications if needed.
- Wait 6 months post Accutane use before your procedure, as it may impair wound healing.
- Do not use any type of self tanning products to treatment areas 1-2 weeks prior to appointment.
- Be vigilant about your sun exposure prior to treatment. This doesn't mean hide in your house. It means be mindful, use plenty of sunblock, hats and sunglasses to avoid a burn. If your skin is tanned or sunburned - you will be rescheduled.

Day of Treatment

- Try to get your workout in before your service since you should not get sweaty for 24 - 72 hours.
- Drink plenty of water!
- Come to your appointment with a clean face, free of makeup or lotions. Please leave your jewelry at home.
- We do apply a topical numbing for 30-45 minutes prior to your service.
- Appointment times run approximately an hour.

Post Care

- A sunburn-like effect is normal 1-3 days. You will look and feel sunburned after the treatment. The skin may feel dry, tight, swollen, and sensitive to touch. You may experience some flaking of the skin. Avoid picking or exfoliating the area and allow old skin to flake off naturally.
- Mild irritation and itching is normal while healing. An OTC antihistamine may assist with itching. (ie: Claritin, Zyrtec, Benadryl, Pepcid)
- Avoid excessive sweating and exercise for 24 - 72 hours after your procedure.
- Avoid sun exposure and use a 30+ broad spectrum, mineral based SPF. Use umbrellas, sunglasses, hats...
- Be mindful of sun exposure for 2 weeks post procedure. This doesn't mean you have to hide in your house. Be vigilant with sunblock and protection while fully healing.

- Use alcohol or other astringents to sanitize anything touching your face, including phones and sunglasses.
- Use a clean pillow case the evening of treatment.
- You may use gentle cleansers. Do not scrub; pat to dry.
- Only use aftercare products received by or approved by this office.
- Gently cleanse in the morning, finger tips only, nothing rough or abrasive. **Do not exfoliate** while healing. Some redness, dry, gritty texture, flaking or peeling is normal.
- As healing permits (24-48 hours), you may wear makeup and sunblock as usual.
- 3-5 days after your treatment you may return to your usual skin care regimen. Medical grade skincare is strongly suggested for optimal results. **DO NOT USE ANYTHING ABRASIVE ON YOUR SKIN.**
- Avoid use of any aspirin, Advil, Ibuprofen or any other anti-inflammatory for 1 week post procedure. Inflammation is part of the healing process. It's telling your body to send all those wonderful growth factors to the area. This is one of those times where inflammation is a good thing.
- If your skin remains red and swollen past 3 days or if you develop a fever call the office immediately at 850-889-8982
- Avoid other aesthetic procedures for 4 weeks following
- Schedule another session 4-6 weeks apart for consistency and improved results.

Expected Skin Reactions

- Redness and swelling for 1-3 days is common. Days 3-5 your skin may feel dry and tight, like a fine grit sand paper. This is normal and expected. **DO NOT EXFOLIATE!!**
- Acne flares or a "purging" can occur and will subside naturally
- Other skin reactions include irritation, itching, and burning sensation.

Please contact us at (850) 889-8982 if you have any questions.