



## SkinPen Microneedling

### Pre and Post Treatment Care

Updated in drive: 2/20/25

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We are so happy you decided to trust us with your aesthetic needs! For optimal results and safety, it is important to follow these pre and post-treatment guidelines.

*Please reach out with any questions or concerns you have regarding your treatment –*  
Call or Text: (918)-779-7590 | [soultulsa.com](http://soultulsa.com) | 1312 E 36th Place, Tulsa, OK

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#### **PRE-TREATMENT INSTRUCTIONS:**

- Stop using topical agents that may cause sensitivity to your skin 3 days prior to treatment (such as retinoids, acids, or topical antibiotics).
- Avoid excessive sun exposure for 3 days prior to the treatment.
- Avoid waxing or depilatory creams 5 days prior to treatment.
- Avoid blood thinning agents 1 week prior to treatment due to the increased chance of bruising.
- Avoid Accutane for 6 months prior to treatment.
- Please inform your provider if you are prone to cold sores. It is recommended to take antiviral medication the day before, the day of, and the day after your treatment. We can call in a prescription to your pharmacy.

#### **WHAT TO EXPECT AFTER TREATMENT:**

- Immediately following treatment, you can expect to have redness, slight swelling, and/or a sunburned sensation that can last for 24-72 hours.
- You may have some small pinpoint bruises that can last a few days to a few weeks.
- The skin may feel dry, tight, and sensitive for 24-72 hours.
- Minor peeling and flakiness can occur for up to 7 days. Do not pick at or peel the loose skin off.
- You can apply moisturizer throughout the day as needed.
- If you were also injected with PRP, you may have some bruising or swelling in the areas of injections for 2-5 days after treatment.



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#### **POST-TREATMENT INSTRUCTIONS:**

- Avoid anything that will irritate your skin for the first 3 days following your procedure, such as the activities listed below and irritating skincare (Retinoids, Glycolic Acid, Lactic Acid, AHA, BHA). What you put on your skin after microneedling does matter. This allows your skin to heal under optimal conditions for maximum collagen remodeling. Follow the guidelines below.
- For the first 24 hours:
  - For the first 8 hours, **ONLY** use SkinFuse Lift HG on the skin (apply as needed for the first 8 hours post-treatment). This product will be provided for you on the day of your treatment. After 8 hours, use the SkinFuse rescue calming balm as a moisturizer. Do not use a cleanser, but you can rinse your face with water and clean hands.
  - Do not apply makeup for a full 24 hours.
- For the first 3 days after treatment:
  - After 24 hours, you may cleanse your face with a gentle cleanser and apply a gentle moisturizer as often as needed.
  - Avoid sun exposure.
  - Avoid sweaty exercise (sweating could lead to an adverse reaction in the treatment area).
  - Wear an SPF of 30 or higher. A mineral sunscreen is recommended. (One exception: you will not use SPF for the first 24 hours)
  - Do not use irritating products (i.e. retinol, acids, scrubs, etc.)
  - Do not exfoliate or use powered cleansing brushes (i.e. clarisonic)
  - No swimming or hot tubs
  - Avoid excessive heat (i.e. saunas, steam rooms, etc.)
- Additional Guidelines
  - We **HIGHLY** recommend a medical-grade skin care regimen. You are taking this step to improve your skin; pairing this with a daily skin care regimen will continue to improve your skin and sustain your results. We will discuss a regimen that is right for you at the time of your appointment.
  - Make sure you protect your skin with an SPF of 30 or higher every day, rain or shine, all year round.
  - Reapply sunscreen every 90 minutes if you are outdoors for extended periods for 4 weeks after treatment, ideally indefinitely.
  - Avoid anti-inflammatory medications like ibuprofen for one week after treatment if possible, as these may interfere with the natural inflammatory healing process of the skin.