

## Microneedling (SkinPen®) Post Care Instructions

What to expect following treatment:

- Day 1 – you should expect mild to moderate swelling and redness similar to a sunburn; there may also be some mild bruising.
- Day 2 – some redness may present, but all redness, bruising, and swelling should be diminishing; you can resume sunscreen and makeup and return to normal activity.
- Day 3 – most redness, bruising, and swelling should be nearly gone; normal appearance with makeup should be achieved.
- Day 4 – you should appear mostly normal with some minor swelling.

Guidelines for recovery:

- Avoid strenuous exercise or excessive perspiration the first 1-2 days. Excess blood flow and sweat can cause discomfort and irritation to compromised skin.
- Avoid use of any topical products not provided or approved by your skincare professional.
- For the first day, only use the following SkinPen® products on the treated skin; these have been provided to you: RESCUE Calming Complex and LIFT, a clean, non-cytotoxic hydrogel used to support the wound healing environment.
- Strictly avoid sun exposure as you will not be wearing sunscreen. You may return to sunscreen the day following your procedure.

There may be some degree of swelling immediately post treatment. However, if you have excessive swelling or any of the following signs of infection, you should contact the office immediately at 512-815-0123. Signs of infection include:

- drainage
- increased warmth at or around the treated area
- fever of 101.5 or greater