



SkinPen (Microneedling)

Contact our office with any questions or concerns at 210-245-4050.

Pre Treatment Instructions

Patients should refrain from the following for 5 days prior to treatment with SkinPen

- Other spa or cosmetic treatments that would increase skin sensitivity or compromise skin integrity
- Use of tanning booths or extended amount of sunlight exposure
- Any products or medications containing retinoid or Vitamin A derivatives
- Any autoimmune medications or therapies
- Use of NSAIDS, such as ibuprofen (Advil, Motrin, Nuprin) and naproxen (Aleve, Naprosyn)
- Use of blood thinners, aspirin, fish oil or vitamin E
- Infected skin, fungal skin infections, active acne (pustular or nodular), and rosacea are not fit for the treatment.

Post Treatment Instructions

Day 1: Refrain from using any cleanser or skin product and avoid sun exposure for 24 hours after the treatment.

Days 2 and 3: Cleanse skin with a gentle cleanser, apply a replenishing serum over the entire treatment area, and protect skin with a sunscreen of SPF 40 + of your choice. Repeat as necessary throughout the day.

Note: Patients should avoid sweaty exercise and sun exposure days 1 - 3.

Day 4: Resume normal skin care routine.

Post Treatment Expectations

Day 1: Patients should expect mild to moderate edema and erythema, similar to a mild sunburn. There may be some mild bruising in some patients as well.

Day 2: Some persisting redness may be present, but all redness, bruising and swelling should be diminishing.

Day 3: Most redness, bruising and swelling should be nearly gone. Normal appearance with makeup may be achieved.

Day 4: Patient should appear mostly normal at this point with some minor swelling