



## SkinPen Pre and Post Treatment Instructions



### Pre-Treatment

1. Avoid sun exposure/burns 24 hours prior to treatment
2. Discontinue use of retinoid products 24 hours prior to treatment
3. No active breakouts or lesions
4. Wait six month following isotretinoin use (Accutane, Claravis, Amnesteem, Myorisan, Sotret)
5. Fitzpatrick IV-VI, pigment may darken prior to lightening
6. You can receive dermal filler 1 week after skin pen OR dermal filler 2 weeks before skin pen treatment
7. You can receive skin pen 2 days after neurotoxins (as long as no bruising)
8. Numbing cream will be applied prior to treatment

### Post-Procedure:

1. **Day of treatment** - apply Lift as needed. In the evening, rinse face with warm water and reapply Rescue and lift as needed. No other skin care products, make-up or SPF today. No exercising/avoid sweating.
2. **Day 2 & 3:** Use Sanavi Pumpkin Cleanser (a.m. & p.m.), Vitamin C Serum (a.m.) Arnica Serum (a.m. & p.m.), Bio Copper Serum (a.m. & p.m.), Alpha Bisabolol complex (p.m.), Peptide eye serum (a.m. & p.m.). You CAN wear SPF and make-up. No exercising/avoid sweating.
3. **Day 4:** Resume normal skin care regimen (you can use retinols and other “active” products). You can resume exercising.



### Treatment Protocols

#### Series of 1-3 Treatments at 4-wk. intvls. Series of 3-6 treatments at 4-week intervals

\*Improve texture

\*Moderate to deep wrinkles

\*Uneven skin tone

\*Atrophic acne scars

\*Large pore size

\*Traumatic scars

\*Fine lines



## **Contraindications**

SkinPen II is contraindicated for patients with a history of keloid scarring, scleroderma, collagen vascular diseases or cardia abnormalities; a hemorrhagic disorder or hemostatic dysfunction; or an active bacterial or fungal infections.