



## Dermapen Pre and Post-Treatment Instructions

### Pre-treatment Instructions:

Thank you for scheduling your Dermapen microneedling treatment. For your safety and in order to obtain optimum results please follow instructions below:

- Do not use Retin-A (or retinoids or similar vitamin A compounds) or other harsh/exfoliating products for 48 hours before treatment.
- Avoid sun exposure for 48 hours prior to treatment. No tanning or prolonged sun exposure for 2 weeks before treatment.
- If an active or extreme breakout occurs, please contact our office to reschedule, as Dermapen cannot be performed over active acne lesions.
- Please inform provider if you have a history of cold sores/fever blisters so that we may give you a prescription to prevent an outbreak after your treatment.

### What to Expect During Your Treatment:

- Please arrive to the office with a clean face. Avoid make-up, moisturizer, and sunscreen on day of treatment.
- If you would like numbing cream, please arrive 30 minutes early and inform the front desk.
- Expect slight pressure, stinging, and itching during procedure.
- After your procedure, your skin in the treated areas will appear red as if you have a sunburn. Skin may also feel tight and warm. These symptoms should resolve within 24 hours.

### Post-treatment Instructions:

- Wash face with gentle cleanser (ie. MMD soothing cleanser, cetaphil, aveeno, or cerave) before bed on the night of your treatment and apply topical Hylauronic Acid Serum.
- You should wash your face twice daily and continue to apply Hylauronic Acid Serum twice daily for 7 days after your treatment
- You may resume your normal skin care regimen 7 days after your treatment.
- For 48 hours after your treatment you should **AVOID**:
  - Sun Exposure/Tanning
  - Intense Cardio/Exercise
  - Fillers (ie. Juvederm, Restylane) or Botox/Dysport
  - Tattooing of the treated area
  - Irritating topical creams such as Retin-A, Hydroquinone, or chemical-based sunscreen
  - Hot showers/Sauna
  - Spray tanning
  - Swimming in pool/jacuzzi/ocean