Wichita Dermatology & Aesthetics
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SKINPEN INSTRUCTIONS

Pre-SkinPen Instructions:

- Avoid direct sun exposure and procedures such as waxing, electrolysis, Botox, fillers, chemical peels, facial surgery, and lasers for 2 weeks prior to SkinPen
- Discontinue use of retinols or glycolics at least 72 hours prior to procedure
- Avoid blood thinning medications (ex. Advil, Aspirin) for 5 days prior (if possible-consult your prescribing physician with questions)
- Pick up anti-viral medication from pharmacy and start taking 1 day prior if prescribed
- Ensure that you have sunscreen containing Zinc Oxide (ex. EltaMD) and a wide brim hat

Post-SkinPen Care Instructions:

- Apply “LIFT” as needed the day of your treatment. Apply “RESCUE” as needed starting 24 hours after your treatment
- Avoid makeup and skincare products (unless recommended by provider) for the first 24 hours
- Avoid direct sun exposure for 7-14 days and wear daily sunscreen starting 24 hours after
- Avoid waxing, hair removal, lasers, and facial treatments for 14 days
- Avoid getting overheated (sauna/hot tub) and sweaty, strenuous exercise for 24 hours
- Do not pick at skin, and do not use exfoliating products for at least 72 hours
- Avoid other cosmetic procedures such as Botox, waxing, and chemical peels for 2 weeks
- Increase water intake to include at least 8 glasses
- Do not use wash cloths or brushes, and avoid direct exposure to warm/hot water in the shower
- Clean your cell phone, pillow case, glasses, and makeup brushes

What is the downtime?

After the procedure, the skin will be red and flushed in appearance in a similar way to a moderate sunburn. You may also experience pinpoint bleeding, skin tightness, bruising, and mild sensitivity to touch on the area being treated. Total healing time depends on the severity of the damaged skin and the depth of the repair process required. On average, patients are pink for two to four days. Some patients heal completely in 24 hours. Most patients will have some light to mild flaking over the next couple days. A mild outbreak of acne or milia is also possible.

When will I see results?

Most people notice healthier looking skin immediately. The natural repair process of the skin continues to progress over the course of several weeks. Dermal collagen remodeling takes place over time and it will continue to improve for up to 6 months after treatment.

How many treatments will I need?

The number of treatments required will vary from patient to patient and your provider will personalize a treatment plan based on the level of improvement you desire. Although one treatment is beneficial, a series of treatments is usually recommended. Multiple treatments (3-6) may be necessary over 4-8 week intervals. After your initial treatment series, periodic maintenance may be advised (depending upon condition/s treated). Your provider may also combine your treatment with other popular aesthetic procedures to further personalize your treatment.