

# GLO

SKIN & BROW



## **PRE-SKINPEN INSTRUCTIONS**

### **STARTING 2 WEEKS PRIOR:**

- Avoid sunless tanner/spray tan in treatment area

### **STARTING 24 HOURS PRIOR:**

- Avoid sun exposure for 24 hours prior to the treatment.
- Discontinue the use of topical products containing AHA and Retinoids

### **INFORM YOUR PROVIDER IF ANY OF THE FOLLOWING APPLY TO YOU:**

- You are prone to herpes simplex outbreaks, such as cold sores.
- You are on autoimmune therapy.

### **YOU CANNOT BE TREATED IF:**

- Treatment area has irritated skin (sunburn, open wounds, sores).
- Treatment area has active breakouts or open lesions.
- You have a medical condition or take medications that might affect wound healing or coagulation.
- You have used Isotretinoin (Accutane) within the last 6 months.
- You have recently used spray or self-tanning lotions on treatment areas.

### **POST-TREATMENT EXPECTATIONS**

- The treated area may be pink and mildly inflamed (similar to the appearance of a mild sunburn) for 24-48 hours following your SkinPen treatment
- The treated area may feel tight and dry for 3-5 days. Once the initial 24 hours has passed moisturize the skin as desired with hydrators and moisturizers that have been approved by your provider.

### **POST-SKINPEN INSTRUCTIONS**

#### ***THE DAY OF THE TREATMENT:***

- Unexpected complications may occur when products not proven safe for use with microneedling are applied post-treatment
- 24 hours post-treatment, it is not advisable to use any products on your skin other than what is recommended by our provider. Including cleanser and sunscreen
- Avoid strenuous exercise or excessive perspiration, as excess blood flow and sweat can cause discomfort and irritation to compromised skin for up to 72 hours.

- Skinfuse® Lift HG may be applied hourly the day of the treatment to assist with skin hydration. Reapply, as needed, up to 24 hours post procedure.
- Rescue may be applied hourly starting 4 hours post treatment to help bring down inflammation.
- Strictly avoid sun exposure as you will not be wearing sunscreen. You may return to sunscreen use 24 hours following the treatment. Continue to minimize sun exposure for 72 hours following the treatment.
- Ice may be used to bring inflammation down in the skin. Make sure that anything touching the treated area is clean and sanitary.
- Avoid getting hair treatments or a haircut until 24 hours has passed and all redness has resided

#### 24 HOURS POST-SKINPEN

- Continue to use Lift & Rescue to help with any dehydration, tightness or redness
- Non-active products that have been approved by your provider may be used such as cleanser, hydrators, sunscreen, oils, makeup and masks.
- Apply hydrators and sunscreen routinely throughout the day as the skin heals. If you will be outside for prolonged periods of time, even if you are just driving in a care, you need to reapply sunscreen every 2 hours to prevent premature aging and sunburn for a minimum of 7 days
- 7 days post SkinPen you may resume all products in your regimen. If issues arise contact Diana at Glo Skin & Brow.

IF YOU HAVE ANY QUESTIONS, ISSUES OR REACTIONS THAT OCCUR IMMEDIATELY CONTACT DIANA AT (612) 486-2286. IF DIANA CAN NOT BE REACHED PLEASE CONTACT GLO SKIN & BROW'S MEDICAL DIRECTOR CARRIE LUCIO NP AT (651) 373-4587.