

Microneedling Pre & Post Procedure Instructions

Pre-Procedure Instructions & Precautions

- Avoid sun exposure/burns twenty-four (24) hours prior to treatment.
- Discontinue use of retinoids twelve (12) hours prior to treatment.
- You should not have an active breakout, active cold sores, or open lesions. If this occurs, your microneedling treatment should be rescheduled.
- Allow at least (twelve) 12 hours after autoimmune therapies before having a microneedling treatment.
- Wait six (6) months following isotretinoin (Accutane) use.
- Skin types Fitzpatrick IV-VI, pigment may darken prior to lightening.
- Wait at least:
 - Forty-eight (48) hours before or after Botox treatment to have a microneedling treatment.
 - One (1) week before or after any fillers such as Juvederm, Restylane, etc.
 - One (1) month before or after laser treatments such as IPL, VBeam, etc. or chemical peels such as Vitalize, Rejuvenize, etc. or Microdermabrasion treatments.

Post-Procedure Instructions & Precautions

- Days 1 through 3 post procedure - Only use the Rejuvapen Recovery Kit which includes the Complex Gentle Cleanser, Copper Repair Cream and Solar Shield for the next three (3) days. The first three days post procedure the skin will be very dry and feel tight. Some flaking is normal. Frequent use of the Copper Repair Cream or other hydrating products will help alleviate this. Use sunscreen daily; a physical sunscreen is recommended.
- **Do not use any other skincare products except the products that are included in the Recovery Kit.**
- Day 4 and beyond – You may resume your regular skin care products.
- Avoid exercise for three (3) days following the procedure.
- Avoid direct sun exposure for at least ten (10) days if possible.

Day 1 – Erythema and red appearance and severity will depend upon how aggressive the treatment was performed.

Day 2 – A red hue or pink hue persists like a moderate sunburn. Swelling may be more noticeable on the second day.

Day 3 – Skin can be pink and normal color. Swelling subsides.