

**PRE-TREATMENT INSTRUCTIONS:**

- **1 week** before treatment (Medications to avoid): Avoid taking blood thinners and anticoagulants such as: Aspirin, NSAIDS (Ibuprofen, Advil, Motrin, Aleve, Vioxx), St. John's Wort, Fish Oil, Ginseng, Ginkgo Biloba and high doses of Vitamin E supplements (These may increase bruising and bleeding at the treatment sites). Please inform us if you are taking Coumadin, Xarelto, or Plavix.
- **6 months** before treatment: Avoid Accutane
- **2 weeks** before treatment (Procedures to avoid): Peels and other ablative procedures to the treatment area.
- **1 week** before treatment (Products to avoid): Retinoid products, topical antibiotics, exfoliants, hydroquinone, alpha hydroxyl acid (AHA) beta hydroxyl acids (BHA), exfoliating masks, and benzoyl peroxide. Please also avoid direct sun exposure and use a sunscreen.
- **24 hours** before treatment: Avoid alcoholic beverages.
- Preferably schedule treatment at least **2 weeks** before a special event.

**DAY-OF TREATMENT INSTRUCTIONS:**

- Arrive with clean washed skin (do not shave the treatment area)
- Do not use any creams, lotion, or make-up on the treatment area
- Inform provider of any change in medications or medical history, or if there's a chance you could be pregnant

**POST-TREATMENT INSTRUCTIONS:**

- Consistent repeated treatments will produce the best results of more youthful skin.
- It is recommended that you use the Skinfuse Rescue Calming Complex post treatment for 24 hours for best results.

**CLEAN** – Use a gentle cleanser and tepid water to cleanse the face for the following 72 hours and gently dry the treated skin. Always make sure that your hands are clean when touching the treated area.

**HEAL** – Serum enzymes such as Elta MD Laser Enzyme Gel are recommended post-treatment as the properties are ideal to help heal the skin and lessen irritation.

**HYDRATE** – Following your skin pen treatment, your skin may feel drier than normal. Hyaluronic Acid such as HA5 by Skin Medica is ideal to hydrate and restore the skin back to perfect balance.

**MAKEUP** – It is recommended that makeup should not be applied for 24 to 72 hours after the procedure. Do not apply any makeup with a makeup brush, especially if it is not clean.

**PROTECT** – Immediately after the procedure, apply a broad spectrum UVA/UVB sunscreen with an SPF 30 or greater. A chemical-free sunscreen is highly recommended.

If you have additional questions prior or after your treatment, please call our office at: **(408) 295-2580**