

SkinPen Microneedling

INFORMATION & INSTRUCTIONS

What is Microneedling?

Microneedling is collagen induction therapy. It comfortably creates micro-injuries in the skin to trigger the body's natural healing process which results in skin remodeling and the development of collagen and elastin. Collagen and elastin are the two proteins that are responsible for building skin structure. Microneedling treats fine lines, wrinkles, large pores, scars, acne scars, and uneven skin texture.

What happens during the treatment?

Before the procedure, numbing cream will be applied and you will numb for 20-30 minutes. As numbing cream is wiped away, the treatment area is cleaned and a hydrating gel is applied. The SkinPen is swept across the skin in circular and back and forth motions, creating micro-injuries in your skin, while allowing the hydrating gel to be absorbed deeply. After the skin area has been thoroughly treated, the remaining hydrating gel is massaged into the skin area. A gentle sunscreen is applied on top of the gel to protect the skin. There may be minor discomfort during the treatment, but most patients tolerate the procedure very well. Your microneedling appointment generally takes around 40 minutes unless treating 3 or more areas of skin.

How many treatments do I need?

We recommend at least 3 treatments spaced 4-6 weeks apart for best results. Maximum results will be noted at 6 months as your skin continues to produce collagen during this time.

BEFORE TREATMENT

- Discontinue the use of topical products containing Retinol or Vitamin A for 24 hours prior to your microneedling procedure.
- If you have been overexposed to the sun (sunburn) the day before your appointment, please call our office to reschedule your appointment.
- This procedure cannot be performed on active breakouts, open lesions or rashes. Please contact our office prior to your microneedling procedure to address any such lesions.
- If this is your second or third treatment and numbing cream was provided to you, please apply a thin film to the treatment area 40 minutes before your appointment.

AFTER TREATMENT

- The treated area may be red and inflamed (similar to the appearance of a sunburn) for 24-48 hours.
- Keep your skin clean of makeup or sunscreen for the remainder of your day post-procedure.
- Wait at least 4 hours before washing your face and beginning the skincare regimen.
- Avoid use of any topical products outside of the recommended regimen. This includes but is not limited to cleansers, sunscreens, moisturizers, etc. Avoid makeup for at least 2 days or 48 hours.
- Follow the recommended skincare regimen and minimize sun exposure for one week after your treatment.



If treating melasma or hyperpigmentation, you must stay out of the sun and heat for at least 2 weeks. If you are unable to do this, we recommend postponing your treatment until fall or winter.