



## Skin Pen Post- Treatment Instructions

There are minimal restrictions after your procedure allowing you to return to your daily activities almost immediately.

- Do not press, rub, or manipulate the treated area(s) for at least 8 hours after your treatment.
- Avoid Advil, Aleve, Aspirin, Ibuprofen, Motrin (all NSAIDS), Vitamin A, Vitamin E, Gingko, Garlic, Flax Oil, Cod Liver, Essential fatty acids for at least 1 week prior to and 1 week after your treatment.
- Remember, our goal is to create inflammation.

It is normal to experience bruising, redness, itching, swelling and/or soreness that may last for 3-10 days post treatment. If you experience any pain or discomfort, you may take Tylenol as directed.

- Do not wash or take a shower for at least 6 hours after your treatment. You may use a mild facial cleanser after this time, we recommend Epionce Milky Lotion Cleanser.

We do recommend a post procedural skin care system. Ask us about our available systems to optimize your treatment outcome. Use the provided Rescue Calming Complex today, then begin your post procedural recovery system as directed. You may return to using your normal moisturizer post procedure day 4.

- Avoid alcohol, caffeine, vigorous exercise, sun, and heat exposure for 3 days after your treatment.
- Maintain a healthy diet and drink at least 64 oz of water the day of treatment and the following week.

**Please call our office should you have any questions or concerns. 541-887-8229**