Cynthia M. Goodman, M.D., Inc.
Aesthetic & Reconstructive Plastic Surgery
2200 Larkspur Landing Circle #104
Larkspur, CA 94939
(415) 925-8555
(415) 925-4082 fax

SKINPEN MICRONEEDLING PRE AND POST-CARE INSTRUCTIONS

PREPARING FOR YOUR SKINPEN PROCEDURE

- The treated area may be pink and mildly inflamed (similar to the appearance of a mild sunburn) for 24-48 hours following your SkinPen procedure.

- You may peel for a few days after that.

- If you are prone to herpes simplex outbreaks, such as cold sores, please let Dr. Goodman know so she can pretreat you with Valtrex or determine whether the procedure is appropriate for you.

- If your face or treatment area has irritated skin (sunburn, open wounds, sores) the day preceding your appointment, please contact our office before your appointment.

- This procedure may not be performed on active breakouts or open lesions.

- Wait at least six months post isotretinoin use before your SkinPen procedure, as isotretinoin use may impair proper wound healing.

- Avoid sun exposure for 24 hours prior to the procedure.

- Discontinue the use of topical products containing Alpha Hydroxy Acids (AHAs), Retinol or Vitamin A for 24 hours prior to procedure.

- If you are on autoimmune therapy, please let Dr. Goodman know to see if the procedure is appropriate for you.

- On the day of your treatment please arrive with clean skin and no makeup.

POST SKINPEN PROCEDURE GUIDELINES

- Unexpected complications may occur when products not proven safe for use with microneedling are applied post-procedure.
- Avoid strenuous exercise or excessive perspiration, as excess blood flow and sweat can cause discomfort and irritation to compromised skin for 72 hours. - You will be more sensitive after your first treatment. With each treatment your collagen will build and you will heal quicker.

First 24 hours:

- Always make sure your hands are clean.
- Apply Skinfuse Lift after the procedure to assist with skin hydration. After using all of the Skinfuse Lift you may switch to Skinfuse Calm for moisture for the first 24 hours. - Avoid sun exposure.
- Do not apply any other skin care products to the face.
- Sleep on a fresh pillowcase.

24-72 hours:

- Cleanse skin as needed with a gentle cleanser. PAT DRY.
- Do not apply serums or products containing Vitamin C or Retinol. You may use Hyaluronic acid and a gentle moisturizer.
- Make sure to apply a MINERAL based sunscreen before going outdoors. - Avoid heavy exercise or sweating for the first 72 hours.
- Avoid any products that sting or cause discomfort.
- No swimming for 24-36 hours post treatment.

When going back to your normal skin care routine, re-introduce active serums and products (Retinol, Vitamin C, Vitamin A, etc.) slowly with decreased amounts and start every other day. Your skin will be sensitive.

For 1 month after the procedure:

- Do not use Retin-A
- Do not get a facial
- Avoid eyebrow waxing