

SkinPen Microneedling Pre-Treatment Guidelines

To ensure the safest and most effective treatment, please follow these steps before your appointment:

7–10 DAYS BEFORE

- Avoid other treatments in the treatment area:
 - Chemical peels
 - Laser treatments
 - Waxing, threading, or electrolysis
- Ensure skin is free of open wounds, infections, or active breakouts

48 HOURS BEFORE

- Avoid blood thinners and anti-inflammatory medications unless prescribed:
 - No aspirin
 - No ibuprofen (Advil, Motrin)
 - No naproxen
- If you are on prescribed blood thinners, consult your physician before treatment
- Avoid alcohol

3–5 DAYS BEFORE

- Discontinue active skincare including:
 - Retinol/retinoids
 - AHA/BHA acids (glycolic, lactic, salicylic)
 - Benzoyl peroxide
 - Vitamin C if your skin is sensitive
- Avoid harsh scrubs, exfoliants, or resurfacing tools

72 HOURS BEFORE

- Cleanse with a **gentle, non-active cleanser**
- Use **clean hands only**; avoid powered cleansing brushes (such as Clarisonic) for **1 week**
- Avoid direct sun exposure; wear **broad-spectrum SPF 30+** daily

OTHER IMPORTANT NOTES

Please notify your provider if:

- You are pregnant or breastfeeding
- You have a history of cold sores (an antiviral may be recommended)
- You have taken Accutane (isotretinoin) within the **past 6 months**
- You have autoimmune conditions, recent cosmetic procedures, or new medications
- You have had significant sun exposure or a sunburn in the past week

Drink plenty of water before your appointment to support skin hydration and healing.