



Pre and Post-Care Treatment for the SkinPen

2 - 5 days prior to your SkinPen treatment:

- We recommend stopping NSAIDS (Ibuprofen, Aleve, Motrin, etc), Celebrex, and fish oil supplements. If you are unable to stop these medications due to a medical condition, you may be at an increased risk of bruising.
- Avoid Botox and Dysport injections (within 2 days)
- Avoid dermal filler injections (within 5-7 days)

24 hours prior to your SkinPen treatment, please refrain from:

- Tanning booths or extended sunlight exposure
- Skincare products or medications that contain Retin-A, Retinol or glycolic/salicylic acids
- Cosmetic treatments that increase skin sensitivity (chemical peels, etc.)
- If you have a history of Herpes Simplex (cold sores), please notify Practically Perfect so that we may initiate medications to prevent cold sores from occurring following treatment with the SkinPen.

Following the SkinPen procedure, you may experience the following:

- Swelling/ Redness (similar to a sunburn). This should resolve by the following day after treatment
- Tightness
- Sensitivity to touch
- Bruising

Day 2 -3 following the SkinPen:

- Cleanse your skin with a Gentle Cleanser (Cetaphil, Cerave)
- Apply a hydrating serum provided by Practically Perfect Aesthetics
- Apply Sunscreen daily
- Re-apply the hydrating serum and sunscreen as needed throughout the day as needed.

***** Please avoid sun exposure during this time*****

Day 4 following the SkinPen:

- You may resume your regular skincare routine!