



### **Pre-Procedure Instructions & Precautions**

- Discontinue use of any topical products containing retinol/retin-a, vitamin a, AHAs, and/or tretinoin products at least 24 hours before treatment.
- Must wait at least 6 months following the use of oral isotretinoin (Accutane)
- Avoid direct sun exposure 24-48 hours before appointment.
- If you are on autoimmune therapy, ask your provider if the procedure is appropriate for you. If approved, avoid autoimmune therapies for 24 hours before treatment.
- This procedure may not be performed on irritated skin (sunburn, active breakouts, open wounds/lesions, cold sores.) If any such issue occurs before treatment, please contact us to reschedule your appointment.
- If you have recently used spray or self-tanning lotions on treatment areas before your SkinPen procedure, discuss with your provider.
- Wait at least:
  - 72 hours before or after Botox treatment to have a Microneedling treatment done.
  - 2 weeks before or after any facial injections
  - 1 month before or after laser treatments, chemical peels or microdermabrasion treatments.

### **Post-Procedure Instructions & Precautions**

Day 1 (first 24 hours) - You will look as though you have a moderate to severe sunburn and your skin may feel warm and tighter than usual. You may also notice slight swelling in some areas, which should diminish within 24 hours. No use of any skincare products, sunscreen, or makeup. Only the Lift HG gel (provided to you after treatment) may be applied during this time.

Days 2/3 - Mild to moderate redness. Skin will feel tight and very dry. Resume use of sunscreen, makeup, and gentle skincare products. *\*Avoid any active skincare products for 5-7 days after treatment. If you are unsure whether or not your products are considered active, ask your service provider at the time of appointment.*

Avoid direct sunlight for at least 72 hours.

No swimming for at least 24 hours post-treatment.

No exercising or strenuous activity for 24-48 hours.

Although not seen in the clinical study, in Fitzpatrick skintypes IV-VI, pigment may darken prior to lightening.

Some fine lines/wrinkles may appear worse during the first 24-72 hours due to lack of moisture in the skin but should return to normal within a few days.

Sleep on a clean, freshly washed pillowcase the first night after treatment and avoid touching the skin as much as possible in the first 24 hours to prevent any bacteria from getting into the open micro-channels.