



melinda menezes, MD

## **Micropen Facial before and after care**

### **Pre Treatment Instructions**

- NO Sun exposure, tanning beds, self-tanning products for three days prior to procedure. Microneedling can “tattoo” tanning products into the skin. Procedure cannot be done on burned skin.
- Come in with clean skin. NO moisturizers, make up or any other products on the skin.
- NO chemical peels two weeks prior
- NO waxing or chemical depilatories for two weeks prior
- NO shaving day of the treatment
- Identify any tattoos, including cosmetic tattoos in the treatment area
- If you have cold sores, begin treatment with Valtrex prior to treatment and continue for several days
- Bring a hat and scarf if it is a sunny day and you have a significant drive home
- Please ask questions about concerns you have about your health conditions, activities or anything else

### **Post Treatment Instructions**

- NO SUN EXPOSURE for at least 14 days, ideally 30 days after procedure.
- NO tanning beds, or self-tanning products for 7-14 days after procedure.
- NO picking or exfoliating
- NO vitamin A products 7 days post treatment ( Retin A, Renova, Retinol, ROC, Tazorac)
- NO chemical peels 14 days post treatment
- NO shaving 3 days after procedure, if skin is irritated continue to wait before shaving.
- NO toners for 14 days post treatment
- NO Sweating, exercising, Jacuzzi, Sauna, Steam bath until skin irritation has resolved (3-7 days)
- Products: Use very mild cleanser, tepid water and a moisturizer made for post-treatment care ONLY, and a mild SPF 30 sunscreen with full spectrum coverage.
- NO exfoliating medications, chemical products or devices for at least 7 days post treatment
- Ice packs, Tylenol and NSAIDS are okay if you are feeling discomfort or swelling

### **What to Expect**

- Skin may sting, feel swollen, be red or flushed, slightly puffy, tight, dry, and/or bruised
- NO make-up
- NO sun
- NO Heat/sweating
- Wear a large hat and scarf to cover treatment area
- Use your Hyaluronic Acid moisturizer and your post care products.
- Take a tepid shower and allow the water to wash over your face for 10-20 minutes
- Sleep with your head slightly elevated and on you back to minimize swelling
- A Benadryl can help with excessive swelling or itching at bedtime

#### Day 1

Red or sun-burnt, may feel tight, dry, swollen, stinging and sensitive to touch.

Drink plenty of water

No make-up

Sunscreen okay if it's a mineral based and mild

Avoid heavy exercise

Use your Hyaluronic Acid mask to soothe the skin

#### Day 2

Sunburn-like effect, dry and tight, use your post-treatment cream

Same as day 1

#### Day 3

Pink

Less swelling

Mineral make-up okay

#### Day 4-6

Minimal swelling, minimal bruising, may have some flaking

No picking or exfoliating

May resume exercise

#### Day 7

Look great

Resume regular products for skin, including vitamin A products

Continue to avoid Sun

There may be areas that are darker that flake off after a week

#### Day 8-28

Avoid direct sun

Use SPF 30 outdoors or in the car

For best results and efficacy we recommend a series of 6 treatments at 4-6 week intervals and then treatments for maintenance at least once a year.

If you have any concerns, please call us immediately at 808-828-1418 opt. 2, or for after-hours call the hospital operator at 808-245-1100 and have Dr. Menezes paged.