



SKINPEN MICRONEEDLING

PRE AND POST CARE

PRE-TREATMENT CARE

- Avoid sun exposure/burns 24 hours prior to treatment.
- Discontinue use of retinoids, retinol, exfoliants 12 hours prior to treatment.
- You should not have an active breakout, active cold sores, or open lesions. If this occurs, your microneedling treatment should be rescheduled.
- Allow at least 12 hours after autoimmune therapies before having a medical microneedling treatment.
- Wait six 6 months following isotretinoin (Accutane) use.
- Wait at least 48 hours before or after Botox treatment to have medical microneedling treatment.
- Wait at least one 1 week before or after any fillers
- Wait at least one 1 month before or after laser treatments or chemical peels, unless otherwise instructed by your provider

POST-TREATMENT CARE

- Only use the water on your skin twenty-four(24) hours. Do not use any other skincare products or makeup (cleansers, moisturizers, or sunblocks).
- After 24 hours from procedure we recommend using the ZO Skin Balancing Cleansing Emulsion and Hydrating Creme, as well as continue using soothing ointment, and any accelerated serums from your provider.
- Avoid exercise for three (3) days following the procedure (including procedure day). Bruising is rare however, do not plan an important event within 2 weeks of treatment.
- Avoid unprotected sun exposure for 2 weeks after treatment. Use zinc oxide and hat/shade to protect treated areas
- No makeup for 48 hours

If you have any questions before or after your appointment, you can email us at info@lakeshoreskinandbody.com or call/text us at 906-273-0512. Thank you for choosing Lakeshore Skin + Body!



WHAT TO EXPECT

- **Day 0 (day of procedure):** Moderate redness, tight, sunburned sensation. Nothing on face except spring water and soothing ointment/accelerated serum apply as frequently as needed.
- **Day 1** – Mild to moderate redness and swelling, similar to a sunburn. No sunscreen or makeup.
- **Day 2** – Some persistent redness and swelling, peeling may be present. May apply sunscreen and makeup.
- **Day 3** – Most redness, bruising, and swelling peeling is gone.
- **Day 4** – Return to normal appearance without makeup.

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