

# *Radiance*

## **Home Care Guidelines SkinPen Microneedling**

### **What to Avoid Post:**

- Sweating for 24-48 hours. Other “normal” activities are fine to resume.
- Direct sunlight for 48 hours. After that, limit sun exposure for the next 2 weeks. Wear a mineral SPF 30 or higher every day and reapply every 60-90 minutes.
- Do not schedule any facials, peels, laser treatments or other skin treatments for 4 weeks
- Do not apply a cold compress to the treatment area for 24 hours.

### **Post Recommendations:**

- If HA Gel (Skinfuse) was given to you, you can apply that, or EltaMD Silver Gel as frequently as needed immediately following the treatment. \*Wash hands before each application. Do not apply anything else to the skin for 24 hours even though you may feel dry & tight.
- You will have redness and a flushed appearance for up to 4 days. This is a normal response.
- Some find taking Tylenol helpful with discomfort but do not use any anti-inflammatory drugs such as Ibuprofen or Aspirin.
- Mineral Make-up can be applied after 24 hours. Be sure to clean your makeup brushes prior to using them.
- **Days 1-4** post treatment, use an approved mild cleanser, moisturizer, & SPF. Moisturize at least 2x per day or as needed. Make sure to apply your spf on top of your moisturizer.
- You may resume normal products including Vitamin C & Retin-A/Retinol on day 5.
- If you have a question about your treatment or are questioning if a product is safe to use, please call/text the clinic at 608-240-0088 or email your clinician.

**It is very important that you call us with concerns. Possible adverse reactions need to be reported to us immediately!** A follow-up will be necessary if you are experiencing any type of skin reaction.

During business hours, please call/text 608-240-0088. After business hours, please call/text Taylor Hill, FNP @ 608-575-1750 or Anne Pientka, RN @ 608-513-8699.

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