

SkinPen Microneedling Pre & Post Care

Pre-Treatment Care

To ensure safe treatment and optimal results:

- Avoid supplements that may increase bruising for 7 days prior, including:
 - Vitamin E
 - Fish oil / Omega-3s
 - Chia seeds, flax seeds
 - Ginkgo Biloba
- Discontinue topical retinoids (tretinoin, Retin-A, Renova, Refissa) for 4 days prior
- If you have used Accutane (isotretinoin), a 6–12 month waiting period is required after discontinuation
- Notify our office if you have:
 - A history of Herpes Simplex Virus (HSV) (you may require prophylactic antiviral therapy)
 - Any active acne, irritation, infection, or open skin in the treatment area
- Avoid sun exposure and ensure skin is not sunburned or compromised
- Avoid self tanner or spray tans for 1 week before treatment.

Post-Treatment Care

Microneedling creates controlled micro-injuries to stimulate collagen—your skin will go through a healing and regeneration phase.

What to Expect

- Redness similar to a moderate sunburn for 24–72 hours
- Mild swelling, tightness, or sensitivity
- Light flaking or dryness may occur for several days

First 24–48 Hours (Critical Healing Phase)

- Avoid:
 - Sun exposure
 - Heat (hot showers, saunas, steam rooms)
 - Exercise or sweating
- Do not apply:
 - Makeup

- Active skincare products
- Use only gentle, hydrating, and reparative products

Skincare & Healing

- Focus on hydration and barrier repair
- Recommended ingredients:
 - Peptides
 - Growth factors
 - Antioxidants
 - Stem cell-based or reparative serums
- Avoid:
 - Alpha hydroxy acids (AHAs)
 - Exfoliants or harsh products

| Resume your normal skincare routine once peeling/flaking has resolved and skin is no longer sensitive

Sun Protection (CRITICAL)

- Avoid direct sun exposure during healing
- Apply a physical (mineral) sunscreen SPF 30+
- Reapply every 60–90 minutes when outdoors

| Do not go outside without sun protection—even on cloudy days

Activity & Lifestyle

- Limit exercise and excessive sweating for 24–48 hours (longer if sensitivity persists)
- Avoid prolonged heat exposure (cooking over hot stove, fireplaces, etc.)
- Stay well hydrated to support healing

What to Avoid

- Do not scratch, pick, or peel the skin
- Avoid exfoliating treatments until fully healed

When to Contact RN Esthetics

Please notify us if you experience:

- Prolonged redness beyond 3–5 days
- Signs of infection (increasing redness, warmth, swelling, drainage)
- Blistering or unusual skin reaction
- Any concerns with healing

Pro Tip

Microneedling delivers best results when performed in a series and paired with medical-grade skincare to support collagen production and long-term skin health.