

SANCTUARY

DERMATOLOGY

Proper pre-care is essential to achieving optimal results from your treatment. If there are any outstanding questions after reading the information below, please do not hesitate to call us at (504) 454-2997.

SKINPEN MICRONEEDLING PRE CARE INSTRUCTIONS

- Discontinue use of retinoids twelve (24) hours prior to treatment.
- Avoid sun exposure/burns prior to treatment.
- On the day of the treatment, please keep your face clean and do not apply makeup.
- If you are taking a blood thinner, aspirin, or any other medication that you have the propensity to bleed easily while on, please tell your aesthetician. If you are under a physician's care and need to discontinue your medication for a few days, always ask your physician prior to each SkinPen Microneedling appointment.
- If you are planning to receive Botox or Dysport, make sure that you give yourself at least 2 weeks post injections before receiving your SkinPen Microneedling procedure.
- If you have a history of cold sores or fever blisters let us know prior to your treatment. You may require medication before your treatment to prevent an outbreak.
- If an active or extreme breakout occurs before treatment, please consult your practitioner.
- You cannot have microneedling if you have been on isotretinoin in the last 6 months.

Maximizing Benefits of Your Treatment

Our skin care specialists will review and compose a simple, customized skin care regimen for you to begin before your treatment as well as once your skin has healed to maintain the desired results. A quality, daily home skin care regimen will ensure that you maximize and maintain the benefits of your treatment.



Feel free to bring your
earbuds or headphones.
Our iPads will be
available for your
entertainment while you
wait for your procedure.

Treatment Recommendations

For best results, 3 treatments is recommended,
depending on the patient.

SANCTUARY

DERMATOLOGY

Proper post-care is essential to achieving optimal results from your treatment. If there are any outstanding questions after reading the information below, please do not hesitate to call us at (504) 454-2997.

SKINPEN MICRONEEDLING POST CARE INSTRUCTIONS

- Use water for the initial 24 hours to rinse the treated area. After 24 hours, use a gentle cleanser to cleanse the face for the following 72 hours and gently dry the treated skin. Always make sure that your hands are clean when touching the treated area.
- To optimize your results, it is recommended patients use the Alastin Procedure Enhancement Kit or the Skinmedica Procedure 360 System. Be sure to especially apply these moisturizing products over the next 24 hours.
- Do not take any anti-inflammatory medications such as Ibuprofen, Motrin, or Advil for one week; use Tylenol as needed for soreness.
- It is recommended that makeup or sunscreen should not be applied for 24 hours after the procedure. Do not apply any makeup with a makeup brush, especially if it is not clean.
- Avoid sun tanning and prolonged exposure to direct sunlight for two weeks. After the initial 24 hours, apply a broad spectrum UVA/UVB sunscreen with a minimum SPF 30 for two weeks. A chemical-free sunscreen is highly recommended. When exposed to the sun, wear a hat and apply sunscreen every two hours.
- For at least 3 days post treatment, do NOT use any Alpha Hydroxy Acids, Beta Hydroxy Acid, Retinol (Vitamin A), Vitamin C (in a low pH formula) or anything perceived as 'active' skincare.
- Do not go swimming for at least 24 hours post-treatment.
- No exercising or strenuous activity for the first 24 hours post-treatment. Sweating and gym environments must be avoided during the first 72 hours post-treatment.

Treatment Recommendations

For best results, 3 treatments is recommended, depending on the patient.

Maximizing Benefits of Your Treatment

Our skin care specialists will review and compose a simple, customized skin care regimen. A quality, daily home skin care regimen will ensure that you maximize and maintain the benefits of your treatment.