



## **Dermapen Pre-Procedure & Post-Procedure Instructions**

### **Prior to Treatment:**

- No Retin-A products or applications 12 hours prior to your treatment
- No auto-immune therapies or products 12 hours prior to your treatment
- No prolonged sun exposure to the face 24 hours prior to your treatment
  - A treatment will not be administered on sunburned skin
- If an active or extreme breakout occurs before treatment, please consult your practitioner

### **Day of Treatment:**

- Cleanse your face and do not apply makeup
  - You may put on a light moisturizer if needed
- If you have long hair bring a hair band to pull it back

### **What Can Be Expected:**

- Immediately after your Dermapen treatment, you will look as though you have a moderate sunburn and your skin may feel warm and tighter than usual. This is normal and will subside after 1 to 2 hours and will normally recover within the same day or 24 hours. You may see slight redness after 24 hours but only in minimal areas or spots.
- If you have had a PRP treatment your skin will most likely be red for 3-5 days and may peel like a sunburn

## **After Treatment:**

- CLEAN – Use a soothing cleanser or face wash with lukewarm water to cleanse the face for the following 72 hours and gently pat dry the treated skin. Always make sure that your hands are clean when touching the treated area.
- HEAL – Resveratrol-based products can help soothe the skin and lessen irritation.
- HYDRATE – Following your Dermapen treatment, your skin may feel drier than normal. Hyaluronic Acid is an ideal ingredient to hydrate and restore the skin back to perfect balance.
- STIMULATE – In the days following your Dermapen treatment, and as the skin starts to regenerate, collagen stimulating peptides are ideal to continue the stimulation.
- MAKEUP – It is recommended that makeup should not be applied for 12 hours after the procedure (24-48 hours for PRP treatment). Clean makeup brushes prior to using.
- PROTECT – At 24 hours after the procedure, you should apply a broad spectrum UVA/UVB sunscreen with a SPF30 when you will be outside. Use a physical sunscreen (Zinc/Titanium Dioxide) daily. Do not use chemical sunscreens (oxybenzone, avobenzone, octisalate, octocrylene, homosalate and octinoxate). Reapply often.
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## **What to Avoid:**

To ensure the proper healing environment, be certain to observe the following:

- For at least 48 hours 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.
- Avoid intentional and direct sunlight for 24 hours. No tanning beds.
- 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 are harmful, rife with bacteria, and may cause adverse reactions.



*Aegean Medical at Crystal Coast Pain Management & Azura Skin Care  
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