

## Dermal Pen PRO Home Care Guide

### Pre treatment

- Avoid sun exposure for 24-48 hours
- Recommended skin care regime for pre-conditioning for optimal results to be started minimum 2 weeks prior to treatment
- Avoid Retin A, topical antibiotics, exfoliants, and hydroquinone use 2 weeks before
- No hair removal 1-3 days of treatment (waxing, shaving, epilating etc)
- Skin needs to be clean (makeup and oil free)
- If you are prone to cold sores, it is recommended to take an antiviral medication for 2-3 days leading up to the appointment

### What to expect

- Skin will feel warm/hot like a mild sunburn
- Skin may feel very tight
- Skin will be red post treatment – a lot of this will subside a few hours post treatment, but can take 3-4 days to disappear completely
- Avoid makeup application for 12 hours
- On day 3-5 post treatment you may experience some peeling/dry flaking skin
- Avoid excess heat (hot showers, heated pools, saunas) for 48-72 hours

### Post treatment

- Avoid sun exposure for 2 weeks
- Do not apply cold compresses or ice packs to the skin for 24-48 hours post treatment, however an aftercare or soothing gel may be used
- Avoid taking ibuprofen or other anti-inflammatories for 24-48 hours post treatment
- Avoid active skin care (including AHA/BHAs, exfoliants, Vitamin A, etc.) for 72 hours
- Do not exercise or sweat for 24 hours
- Wear SPF 30+ daily
- Do not pick or peel at skin during the healing process