

Skinpen

Treatment Day

1. Prior to each treatment, come to the office 1 hour and 15 minutes prior to your scheduled appointment time, so that there is time for you to clean your face and for us to take photographs and apply anesthetic ointment one hour prior to treatment.
2. We recommend that you wear comfortable clothes to your treatment appointments, or you can change into a disposable gown. If you tend to get chilled from air conditioning, bring a sweater or light jacket to wear while you are waiting for the anesthetic to take effect. A good book, iPad or Kindle is also recommended.
3. A sterile treatment tip is attached to the Skinpen, and the appropriate treatment depth based on your unique needs is selected. Next, a layer of PRP or Exosome gel is applied, and the pen is gently pressed against the skin and glided across the entire treatment area.
4. Depending on the number of areas being treated, the actual treatment will take 15 to 30 minutes.
5. Post treatment, we will apply PRP or Exosome gel to your skin.

Pre- Treatment Instructions:

For two weeks prior to the procedure, you should avoid medications that inhibit platelet function, such as aspirin, non-steroidal anti-inflammatory drugs (ibuprofen, naproxen, diclofenac), vitamin E, fish oil, St John's wort, garlic, ginseng, and ginkgo biloba.

Post-Treatment Instructions

1. Because your skin will be red and slightly swollen, plan your day so that you can go straight home after treatment.
2. You may wash your face with a gentle face cleanser such as **Elta MD Gentle Foaming Face Wash**. If you have received PRP please wait **4-6 hours** before washing your face.
3. Apply **Cicalfate by Avene** liberally multiple times a day whenever you feel dry as it is common to experience dryness after your Skinpen treatment. We recommend this product to aid in the skin healing process.
4. Regular use of a good SPF.
5. Please refrain from using harsh cleansers, exfoliants or retinoids for one week.

Post- Treatment for PRP/Exosomes application Instructions:

After the procedure, allow the PRP/Exosomes to dry on your skin without washing it off or applying anything on top of it for 4 hours. After that you may wash your face.

If you have any questions or concerns, please contact our office directly at (713) 497-1417.