



## SkinPen Microneedling

### Pre/Post Instructions

*The following instructions will provide helpful information and guide you through your recovery. These are designed to be general guidelines. Remember, everyone recovers differently.*

#### PREPARING FOR YOUR SKINPEN PROCEDURE

- **Exosome Rejuvenation Therapy** is a 3-step process included in the cost of your treatment package. It is a complete and perfectly formulated set of active naturally occurring plant stem cell secretory factors to aid you in your healing time post procedure and elevate your treatment outcomes. **D|TOX** (Step 1) is an at-home product applied for 5 days prior to each treatment to help hydrate and prep your skin. You will stop using your retinol during this 5-day period leading up to your treatment. *\*Please follow the separate Exosome Therapy instructions provided to you for how to apply the product.*
- The treated area may be pink and mildly inflamed (similar to the appearance of a mild sunburn) for 24-48 hours following your SkinPen procedure.
- 24 hours post-procedure, your provider may advise you to keep your skin clean of cosmetics or sunscreen for the remainder of the day.
- If you are prone to herpes simplex outbreaks, such as cold sores, consult your provider on ways to treat prior or whether the procedure is appropriate for you.
- If your face or treatment area has irritated skin (sunburn, open wounds, sores), please contact our office 24 hours before your appointment. This procedure may not be performed on active breakouts or open lesions. Please consult your provider prior to your SkinPen procedure to address any such issues.
- Wait at least six months post accutane use before your SkinPen procedure, as accutane use may impair proper wound healing.
- If you have recently used spray or self-tanning lotions on treatment areas before your SkinPen procedure, discuss with your provider.
- Avoid sun exposure for 24 hours prior to the procedure.
- If you are on autoimmune or steroid therapy, ask your provider if the procedure is appropriate for you.

## SKINPEN PROCEDURE GUIDELINES

### *The day of the procedure:*

- Topical numbing creams make the experience of having a procedure more comfortable. We provide the cream as part of the cost of your procedure and will schedule your appointment time 30 min before your treatment begins. This will provide an adequate timeframe for the skin to become numb prior to beginning the treatment. You will repeat the same process for your following two treatments.
- **EXO|E** (Step 2) is a concentrated loading dose of stem cell factors, including extracellular nanoparticle technology "ENPT", liposomes, growth factors, anti-inflammatory factors, VegF and over 2,000 additional factors per application, leading to targeted results and desired outcomes. Brooke will apply this to your skin during your treatment.
- Unexpected complications may occur when products not proven safe for use with microneedling are applied post-procedure.
- Avoid strenuous exercise or excessive perspiration for 72 hours, as excess blood flow and sweat can cause discomfort and irritation to compromised skin.
- Strictly avoid sun exposure as you will not be wearing sunscreen. You may return to sunscreen use 24 hours following the procedure. Continue to minimize sun exposure for 72 hours following the procedure.
- At the end of your treatment, your last step of Exosome Therapy will be provided to you. **RE|PAIR** (Step 3) reinforces the work of your EXO|E application with extracellular nanoparticle technology "ENPT", liposomes, and the full complement of stem cell factors found in nature's healing processes. This will be applied at home for 5 days following your treatment. *\*Please follow the separate Exosome Therapy instructions provided to you for how to apply the product and do not use your retinol during this 5 day period.*

### *The days following the procedure:*

Please make your follow-up appointment by calling the office or as instructed by our specialists. If you have any problems before then, do not hesitate to call 207-835-4777 for assistance. **After hours, please call the office and press 7 when prompted to reach Dr. Holland directly.**