



Davam SkinPen Pre/Post Care Instructions

Pre-Treatment:

- Avoid Excessive sun exposure/burns 3 days prior to procedure.
- Discontinue use of topical retinoids 3 days prior to procedure.
- Avoid smoking, alcohol, 3 days prior and 3 days after your procedure as these hinder your healing.
- Avoid blood thinners such as Aspirin, Ibuprofen, Motrin, and Aleve, as well as Gingko, Biloba, Garlic, Flax Oil, Fish Oil, Vitamin A, and Vitamin E for 1 week before your treatment to minimize the risk of bruising. If you are instructed to take these medications by your primary care provider, you must receive clearance to discontinue 72 hours prior.
- Avoid antihistamines and anti-inflammatory drugs 2 weeks prior to treatment as these oppose the effects of the procedure.
- Stop IPL/Laser treatments and waxing one week prior.
- Discontinue Accutane 6-months prior to treatment.
- Please notify our office prior to your appointment if you have a history of facial cold sores. You may require prophylactic therapy to prevent an outbreak following your treatment.
- Arrive to your appointment with a clean face.

Post-Treatment:

- Avoid touching, manipulating, or rubbing your face for a minimum of 8 hours post procedure. Do not pick or scratch face for duration of healing process (1 week minimum).
- Do not wash your face for 24 hours post procedure. If your skin feels dry, you may apply provided Skinfuse Lift HG serum to help alleviate those symptoms. Do not apply any other products. After 24 hours, you may wash your face with a gentle cleanser such as Cetaphil with bottled or distilled water.
 - The SkinCeuticals Post Treatment Soothing Facial foam is highly recommended to use after treatment followed by the SkinCeuticals Epidermal Repair cream after 24 hours post treatment to be applied at least twice a day for 7 days to help repair the skin or the SkinCeuticals Advance RGN-6 that you can use daily post treatment. You may also include SkinCeuticals Hydrating B5 gel to help with hydration.
- Avoid all direct sun and heat exposure for the next 72 hours. This includes day to day activities such as working out, walking, hot showers, or anything that involves sweating.
- It is recommended to avoid other facial aesthetic treatments the month following your treatment.
- Use sunscreen with a SPF 30 or higher daily for at least 2 weeks.
- Only use hydrating and reparative products advised by your clinician.
- You may resume normal, gentle skin care at 3 days following your treatment.
- You may resume all normal skincare at 2 weeks following treatment.
- We recommend follow up treatment at 4 weeks.
- Post treatment reactions you may experience are: Redness, swelling, itching, burning for 1-3 days post procedure. o You may use Tylenol (acetaminophen) for discomfort but avoid anti-inflammatories such as Ibuprofen and Motrin.

Product Recommendation:

- 24-72 hours:
 - Gentle cleanser such as Cetaphil or CeraVe, SkinCeuticals Soothing Cleanser
 - SkinCeuticals Hydrating B5 gel, SkinCeuticals Epidermal Repair, SkinCeuticals Advance RGN-6
 - Sunscreen at SPF of 50 or higher

- Moisturizer

- Retinol products are recommended 2-3 times per week AFTER 72 hours.

Avoid:

- Avoid any products with active ingredients such as exfoliates, glycolic acids, salicylic acid, and retinols for 3 days.
- Avoid excessive makeup and only use with clean brushes. If you have any questions or concerns, please contact our office at 713.487.3010