

NOVAS, DOHR & COLL OB/GYN ASSOCIATES, S.C. Medical Spa

SKIN PEN PRE-TREATMENT INSTRUCTIONS

Patients should refrain from the following for 5 days prior to treatment with SkinPen:

- Other spa or cosmetic treatments that would increase skin sensitivity or compromise skin integrity
- Use of tanning booths or extended amount of sunlight exposure
- Any products or medications containing retinoid or vitamin A derivatives
- Any autoimmune medications or therapies
- Use of NSAIDs, such as ibuprofen (Advil, Motrin, Nuprin) and naproxen (Aleve, Naprosyn)
- Use of blood thinners, aspirin, fish oil or vitamin E

Infected skin, fungal skin infections, and active (pustular or nodular) rosacea are not fit for treatment. If there is any skin sensitivity or irritation, use is not recommended.

SKIN PEN POST-TREATMENT INSTRUCTIONS

Days 2 and 3:

1. **Cleanse:** Clean skin using a gentle cleanser.
2. **Restore:** Apply HydraMax Replenishing Serum, Bio-Serum or Bio-Crème over entire treatment area.
3. **Protect:** Apply antioxidant SPF 40 sunscreen of your choice – we recommend EltaMD.
4. **Repeat** as necessary throughout the day.

Note: Patient should avoid sweaty exercise and sun exposure between days 1 and 3.

Day 4: Resume normal skin care routine.

SKIN PEN POST-TREATMENT EXPECTATIONS

Day 1: Patients should expect mild to moderate edema and erythema, similar to a mild sunburn. There may be some mild bruising in some patients as well.

Day 2: Some persisting redness may be present, but all redness, bruising and swelling should be diminishing.

Day 3: Most redness, bruising and swelling should be nearly gone. Normal appearance with makeup may be achieved.

Day 4: Patient should appear mostly normal at this point with some minor swelling.

Signature

Date