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**Treatment Instructions for Dermapen**

*Disclaimer: You are not a candidate if you are pregnant or breast feeding.*

Pre-Treatment Instructions:

* If you have a history of cold sores, please inform your provider prior to treatment. The doctor will need to write a prescription to pre-treat to eliminate the chances of you developing a cold sore post treatment.
* Reschedule your appointment at least 48 hours in advance if you have a severe rash, cold sore or blemish in the treatment area.
* Avoid Dermal Fillers at least 2 weeks prior to treatment and 2 weeks after treatment.
* Do NOT use the following products 3 days prior or 3 days after your treatment (or until pinkness has subsided): Retin-A, retinoids, or similar vitamin A compounds, harsh scrubs or exfoliating products and bleaching creams (unless instructed otherwise by your provider).
* Do not apply any creams, lotions, perfume or makeup etc. on the area to be treated, prior to treatment.
* Avoid tanning or prolonged sun exposure 2 weeks before and 2 weeks after treatment. Sun may cause adverse reactions, as well as make your pigmentation worse.
* **You will be expected to arrive early for numbing, let your provider know if you have an allergy to topical Lidocaine.**

Post-Treatment Instructions:

* Apply your Elta MD sunscreen every 2 hours to prevent post procedure side effects, if exposed to sun.
* Apply your AQ Active Serum 2 times a day or as needed, for at least 5 days after treatment. You may use it longer for optimal results.
* The next day you may cleanse the treated area with your Ultra Gentle Cleanser with tepid warm water. Apply cleanser to fingertips with water in a gentle motion. Do not use a washcloth or scrubs.
* You may resume your normal skin care routine 5-days post treatment.
* Avoid excessive sweating or exercise for 24 hours post treatment. (i.e. hot tubs, saunas, etc.)

What To Expect:

* After treatment, the area may feel like a mild sunburn and can be covered up with makeup the day after treatment, if desired. Slight redness can remain up to 3 days and longer in rare cases.
* In rare cases, you may experience bruising, depending on skin sensitivity and/or blood thinning medications.
* During treatment and just after, you may experience pinpoint bleeding; this is a normal response with this procedure.
* The skin can feel dry or flake as a normal result of this procedure. This should resolve within a few days, in rare cases longer. You may experience a rough texture to the skin for a few days; this is a normal response after the DermaPen treatment.
* Although extremely rare, red stripping may occur and should subside within 3 days.
* Excessive scabbing, stripping or irritation should be reported to the office right away.