



MICRONEEDLING - AFTERCARE INSTRUCTIONS

GENERAL INFORMATION:

- Microneedling with the Bellus Medical SkinPen is an FDA-approved treatment for fine lines, irregular pigmentation, and scarring on the face. The microneedling procedure creates micro-injuries to the skin in order to activate your skin's natural self-repair processes which then trigger new collagen synthesis. The result is smoother, younger-appearing skin.
- Microneedling is performed in a safe, precise, and patient-specific manner with the use of an adjustable, sterile needle head.
- We will apply a numbing cream to the treatment area for 30 min prior to your microneedling procedure. The microneedling procedure itself can take another 30 minutes, depending upon the size of the treatment area.

NORMAL EVENTS:

- After your treatment, please be aware that your skin will appear pinker than normal in the treated areas for 24-36 hours. Most patients describe this as feeling and looking like a mild to moderate sunburn.
- You may experience a temporary sensation of skin tightness and mild sensitivity to touch in certain areas. This will diminish significantly within a few hours post procedure.
- You may resume using your usual moisturizer, serums and sunscreen 24 hours after your procedure. We advise waiting for one (1) week to restart any potentially irritating facial products such as retinols, exfoliating facial scrubs, or glycolic acid.
- We recommend avoiding any activity that causes sweating for the first two (2) days after your microneedling procedure as the sweat can cause a stinging sensation in the treated areas.
- After three (3) days there is rarely any evidence that the procedure has taken place.
- The new collagen is built over the 4-6 weeks after the procedure and gradual improvement in appearance is seen during that time.

BE AWARE OF THE FOLLOWING:

- Some patients with acne may notice "purging" of small comedonal plugs and, rarely, an increase of inflammatory acne pustules. Notify the clinic if concerned.
- Subtle dryness and peeling may be visible during the week after your procedure. You may use extra moisturizer if you wish but please avoid exfoliation during this time.

If you have concerns after your treatment, please call the main office number at 503-245-2415. If you call after office hours then please stay on the line to reach the answering service and ask to have Dr. Vanderbeek paged rather than the usual physician on-call.