

Dermapen

Post Care Treatment Instructions

What to expect

Day 1: Erythema and red appearance. Severity will depend on how aggressive your treatment was and how your skin reacts.

Day 2: A reddish or pink hue and mild swelling may persist.

Day 3-7: Your skin may feel rough for a few days. Do not use any kind of scrub on your face as this will cause more irritation.

Homecare

- Wash your face thoroughly 6-8 hours after your treatment. Use tepid water and a gentle cleanser such as Cetaphil (avoid any type with acids such AHA and any scrubs). Talk to your provider about which skin care regimen is best for you following the procedure.
- Avoid sun exposure for 14 days. Do not apply sunscreen the same day as your treatment.
- Do not use a Clarisonic or cleansing device during the recovery period, your skin may be dry and tight as a result of the procedure.
- Avoid exercise, hot showers, saunas, bathing, spas, and swimming for 24-48 hours.
- After 5-7 days you may resume your normal skin care routine. Antioxidants, peptides, and growth factors are all recommended to achieve maximum benefit from your treatment.
- Avoid alcohol-based toners for 10-14 days.

- Avoid Retinol based products for approximately 5 days.

If you have any questions or concerns about your treatment, please contact our office at (402) 408-0017.