Member
AMERICAN SOCIETY OF PLASTIC SURGEONS

KIRWAN
PLASTIC SURGERY

THE AMERICAN SOCIETY FOR AESTHETIC PLASTIC SURGERY

Name: DOB: Date:

Recommended Pre & Post Care for PRP/SkinPen Treatments

For best results please follow these instructions

PRE-PROCEDURE INSTRUCTIONS

- Hydrate well, drink a lot of water for 24 hours prior to the procedure.
- Avoid sun exposure/burns 24 hours prior to the procedure.
- Discontinue use of retinoids 12 hours prior to the procedure.
- You should not have an active breakout, active cold sores, or open lesions. If this occurs your micro needling treatment must be rescheduled.
- Allow at least 12 hours after autoimmune therapies before using PRP/SkinPen.
- Wait 6 months following isotretinoin (Accutane) use.
- Fitzpatrick IV, V and VI (darker skin tones) may darken prior to lightening.
- Wait at least 48 hours before or after Botox Treatment
- Wait at least 1 week before or after any fillers such as Juvederm.
- Wait at least 1 month before or after lasers treatments (IPL, Laser Genesis), deep chemical peels or microdermabrasion.

POST- PROCEDURE INSTRUCTIONS

- To achieve the full benefits of PRP/Skinpen, leave the plasma on your skin for 24 hours.
- Only use Skinfuse Lift HG. **Do NOT use any other skin care products (cleansers, moisturizers or sunblocks).**
- Day 3 through 4 post procedure, use gentle cleansers and a zinc oxide broad spectrum (UVA/UVB 30+) sunscreen. Continue to use the Skinfuse Lift HG.
- Avoid sun exposure for 5 days post procedure.
- Avoid exercise for 3 days post procedure. Use a broad spectrum (UVA/UVB 30+) sunscreen daily.
- On day 4, resume normal skincare routine.
- Wait 5 days before restarting retinoids.

Day 1 – Expect mild to moderate redness and swelling similar to a sunburn. **NO SPF or MAKEUP**
Day 2 – Some persistent redness and swelling may be present.
Day 3 – Most redness and swelling is almost gone. OK to apply sunblock.
Day 4 – Return to normal appearance. OK to apply Makeup.

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