



HEARTLAND AESTHETICA  
CURATED BEAUTY

10111 E. 21<sup>st</sup> St. Suite 305  
Wichita, KS 67206  
316-777-6393

**Post-SkinPen**

- **DO NOT** touch, press, rub, or manipulate the treated area (s) for at least 8 hours after your treatment.
- **AVOID** Aspirin, Motrin, Ibuprofen, Aleve for 5 days after procedure. We are creating inflammation to initiate the rebuilding and repair process.
- Tylenol may be used for discomfort
- **DO NOT** use any lotions, creams, or makeup for 48 hours after your treatment
- **AVOID** vigorous exercise, sun and heat exposure for at least 48 hours after your treatment. Use an SPF 30 or higher.
- **AVOID** Alcohol, caffeine, and cigarettes for 48 before and after your treatment
- Smoking impairs healing times therefore increases chances of complications and reduces effectiveness of treatment.
- Maintain a healthy diet and drink at least 64 oz.'s of water the daily
- Use a clean pillowcase for 3 days
- Clean makeup brushes prior to use to reduce bacteria
- Use alcohol swabs on cell phone and glasses everyday over the next 72 hours
- Discuss skin care products with your provider

**When to call the office:**

Excessive swelling or bleeding, fever, chills, or uncontrolled pain.