



# SkinPen or PRP Aftercare

## GUIDELINES

Following your SkinPen/PRP treatment we recommend that you observe the following guidelines. Doing so can help to ensure that your treatment is successful and minimise the risk of unwanted side effects.

## AFTER YOUR TREATMENT

Avoid wearing makeup on the treated areas for a minimum of 12 hours

Avoid sun exposure and use a broad spectrum (UVA/UVB) sunscreen to prevent further sun damage or pigmentation.

Do not expose the treated areas to extreme heat or extreme cold until any redness and/or swelling has resolved completely. This includes saunas and sea swimming.

Avoid overly touching the treated areas and ensure areas are kept clean to avoid infection.

Avoid using acids and vitamin A (retinoids) for 48 hours post treatment or until the skin surface is fully healed and redness is resolved.

Avoid excessive alcohol intake or vigorous exercise for the first 48 hours after treatment and until all swelling and redness subsides. Where there is bruising we advise to limit alcohol intake and vigorous exercise until the bruising has subsided.

Avoid having a facial or other skin/beauty treatment including eyebrow tinting, waxing, blading for 2 weeks after treatment or as advised by your doctor.

If you are concerned about your treatment result or any potential side effect please contact the clinic so that we can advise and support you.

As discussed during your consultation, you may require more than 1 treatment to achieve the desired results.

## WHAT TO EXPECT

Expect your skin to feel hot, tight, red and mildly itchy post treatment. There may be mild swelling. These symptoms start to subside by 24 hours. Redness and flaking can remain for up to 1 week but will reduce every day.

Bruising, redness, swelling or a grid pattern may occur and resolve with time

More aggressive treatments or use of irritants in the days prior to or after treatment can lead to longer downtime.

It is rare but possible to experience some bruising. A bruise can take up to 2 weeks to resolve.

## WARNING SIGNS

Please contact us without delay if any of the following applies to you:

Signs of infection such as an increase in redness, warmth, itching or pus. If it was to occur this would typically be noted within 2 days of treatment.

Allergic reactions. Rare allergic reactions can consist of severe contact dermatitis (rash) or itching, swelling or difficulty breathing. This risk is increased in individuals who have a history of allergies, individuals with asthma and/or history of hives and itching.

Persistent unresolving grid pattern.

Any unusual response not discussed.

Any breathing or swallowing difficulties, please seek medical assistance from your local A&E.

## CONTACT THE CLINIC

By email: [hello@oraskinclinic.ie](mailto:hello@oraskinclinic.ie)

By phone: 01-5383052 (Not monitored after hours. **Do not leave a voicemail**)

Out of Hours\*: Please email [emergency@oraskinclinic.ie](mailto:emergency@oraskinclinic.ie) and call 087-9605540

*\*After 6pm weekdays and weekends*

