



# Dr. Tienie van Rooyen

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## AFTERCARE INFORMATION- Dermapen

(Information obtained from the Dermapen Website)

### DERMAPEN DOWNTIME AND AFTERCARE

#### What Dermapen downtime to expect after a Dermapen treatment:

**Day 1:** Severity of erythema will depend on how aggressive the session was performed.

**Day 2:** A red or pink hue persists, similar to a moderate sunburn. Swelling may be more noticeable on the second day.

**Day 3:** Skin can be pink or simply remain normal in color. Swelling subsides. Your practitioner will prescribe a Dermapen approved, post-session topical and skin care regimen after the session to help soothe, calm and protect the skin. Continue to use for 3 days. Active skincare regimen can be resumed again after day 3.

#### Remember:

**CLEAN** – Use a soothing cleanser or face wash with tepid water to cleanse the face for the following 48 hours and dry gently. Always make sure your hands are clean when touching the area that has been needed.

**HEAL** – Consult with your Dermapen practitioner for your personalized skincare regimen.

**HYDRATE** – Following your Dermapen session, the skin may feel drier than normal. Hyaluronic Acid is an ideal ingredient to hydrate and restore the skin back to perfect balance.

**STIMULATE** – In the days following your Dermapen session, as the skin starts to become rehabilitated, your Dermapen practitioner may offer a peptide based topical.

**MAKEUP** – It is recommended that makeup is not applied for 12 hours after the session, although your practitioner may be able to supply you with specialized mineral makeup that they feel would be suitable for use during this period. Do not apply any makeup with a makeup brush, especially if it is not clean.

### DERMAPEN HOME CARE:

**A.** Wash the face thoroughly a few hours after your Dermapen treatment. Gently massage the face with tepid water (a shower can provide an easier way to massage the face while washing at the same time), and remove all serum and other debris such as dried blood. This will improve the appearance of the skin and also allow for better subsequent absorption of any post-session topical. Mineral makeup may be applied the following day.

**B.** For the first 1-3 days, the skin will may feel dry and tight. Frequent use of a Dermapen approved, post-session topical will help alleviate this as well as the use of moisturizers.

**C.** After 2-3 days patients can return to regular skin care products or as soon as it is comfortable to do so. Vitamin A products are optimal and suggested.

**D.** Avoid alcohol based toners for 10-14 days.

**E.** Avoid direct sun exposure for at least 10 days if possible.

**F.** Do not apply chemical sunscreen the same day as the Dermapen treatment. Only Use Dermapen downtime approved physical defense sunscreen.