



### What to Expect After Your VI Peel

Thank you for choosing our practice for your microneedling procedure! As the microneedling takes effect and you begin to see your fabulous results, please keep the following points in mind:

#### Day One of SkinPen:

- Immediately after your microneedling, your skin will look reddened and flushed, similar to a moderate sunburn, for 24-48 hours
- Your skin may feel tight and sensitive. The sensitivity will diminish and fade a few hours after the procedure but can take up to 24 hours to resolve completely.
- Use the Skinfuse Lift ointment as needed to relieve skin tightness. No other products should be used on your skin for the remainder of the day.
- The SkinPen creates “micro injuries” in the skin which causes new collagen synthesis. However, while these microchannels are still open (approximately 18 hours post-procedure), your skin is vulnerable!
  - Ensure you wipe down your phone and eyeglasses—anything which comes into contact with your skin—with alcohol wipes to protect your skin from bacteria, dirt, and debris.
  - Put fresh, clean pillowcases on your pillows before bedtime.
  - Avoid sun exposure for at least 24 hours post-procedure.
  - Do not use any sunscreen, topical products, or cosmetics on the skin for the remainder of the day.
- Avoid strenuous activity, exercise, or excessive perspiration as excess blood flow and sweat can cause discomfort and irritation to the skin (at least 72 hours post-procedure).
- Do not wash your face before you go to bed. Only use the Lift ointment on your skin for the remainder of the day.

#### Day Two:

- Your face may still look reddened and “sun-kissed”.
- Wash your face with a gentle, non-exfoliating cleanser as you begin your day.
- Use the Skinfuse Rescue on your face as needed as a moisturizer throughout the day.
- Feel free to wear makeup, sunscreen, and other topical products as normal.

**\*\* Do not use Retin A, salicylic acid, benzoyl peroxide containing products yet\*\***

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PLASTIC SURGERY AUSTIN  
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Day Three to Seven:

- By day three, most, if not all evidence, of the procedure should have faded.
- You may resume your normal skin regimen. This includes products containing Retin A, salicylic acid, and benzoyl peroxide!
- Continue to protect your skin from the sun with sunscreen or other sun protectants.
- Okay to resume exercising and other daily activities as normal.
  - The skin may become flushed faster than normal when you are active, perspiring, or in the sun.
  - The skin may be a deeper, redder shade than normal after a workout or heavy activity due to the inflammation caused by the SkinPen.
- As the skin heals, it may become flakey, tight, and itchy. Apply a non-scented, water-based moisturizer or lotion to the skin often and as needed. Drier skin may take longer to heal.

For optimal results, it is important to follow all directions given to you.  
The next round of SkinPen can be completed in four to six weeks.

Feel free to reach out if you have any questions, concerns, or to  
schedule your next SkinPen treatment!

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