

# SkinPen<sup>®</sup>

by Bellus Medical



You were provided this booklet because your skincare professional has advised that you are a candidate for this procedure. This booklet is designed to assist you with understanding the SkinPen® procedure.

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# What is SkinPen®?

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SkinPen is a microneedling medical device used for the treatment of melasma, surgical scars and acne scars through collagen induction therapy.

Microneedling is a minimally invasive procedure involving the movement of a pen-like device with an attached sterile, disposable cartridge tip containing small needles over the skin's surface. The microneedles puncture the skin and create tiny micro injuries that are not visible to the naked eye. These tiny punctures stimulate tissue regeneration through a process called collagen induction therapy (CIT) which improves the appearance of the skin <sup>10,19</sup>.

The process of CIT is instigated through the breaking of the old and damaged strands of collagen in target tissues via microneedling. This leads to the production of new collagen, which improves the structure and function of the skin while improving its appearance <sup>5,9,10,11,14,15,17,19</sup>.

By utilising CIT, skin concerns such as acne scars, surgical scars and melasma may be treated. Cosmetic concerns such as fine lines, wrinkles and scars may also be improved. It generally takes at least up to 3 months before a physical improvement can be seen, and multiple treatments may be required to achieve desirable results <sup>1,9,10,11,15,16,18,19,23</sup>.



# Providing Information to Your Skincare Professional

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There are certain circumstances in which the SkinPen® treatment may not be suitable for you, and this is **why it is essential** that you inform your skincare professional of the following vital information during your consultation:

- **All** health conditions that you may suffer from
- Your medical history
- **All** prescribed and over the counter medications, including nutritional and natural supplements, that you are taking – it can be very helpful if you can take all medications and supplements to your appointment for assessment by your treating practitioner
- **All** skincare that you are using, both prescription and over the counter

Please ensure that you advise your treating practitioner if you suffer from any of the following health conditions or take any of the following medications as they may make the SkinPen® procedure unsuitable for you:

Health Conditions	Medications
<ul style="list-style-type: none"> <li>• All health conditions that you suffer from</li> <li>• Haemophilia or other bleeding disorders</li> <li>• Skin cancers</li> <li>• Active skin infections</li> <li>• Open wounds or sores in the treatment area</li> <li>• Hepatitis B and C</li> <li>• HIV/AIDS</li> <li>• Solar keratosis</li> <li>• Uncontrolled diabetes</li> <li>• Undiagnosed moles in the treatment area</li> <li>• Wound healing deficiencies</li> <li>• History of keloid or hypertrophic scarring</li> <li>• Collagen vascular disease</li> <li>• Scleroderma</li> <li>• Any allergies</li> <li>• Active acne, eczema, dermatitis or psoriasis</li> <li>• History of herpes simplex outbreaks (cold sores)</li> <li>• Neuromuscular disease</li> <li>• Pregnancy or lactation</li> <li>• Chronic debilitating diseases that may impact on your ability to care for yourself effectively</li> </ul>	<ul style="list-style-type: none"> <li>• All prescribed and over the counter medications, including nutritional and natural supplements, that you take</li> <li>• Patients taking blood thinning medication</li> <li>• Chronic steroid use</li> <li>• Use of oral Vitamin A medications such as Roaccutane®</li> <li>• Chemotherapy and radiation treatment</li> <li>• Immunosuppressive therapy</li> </ul>

There are also certain lifestyle factors that may impact upon your ability to receive SkinPen® treatment such as:

- Sun exposure and tanning habits
- Smoking, alcohol intake and recreational drug use
- Nutritional intake and dietary preferences <sup>3, 5, 8, 9, 10, 11, 21, 22</sup>

By giving full disclosure regarding the above to your treating practitioner, they can determine if the SkinPen® procedure is ideal for you.

**Failing to disclose vital information to your treating practitioner may lead to the development of undesirable post procedural complications.**

# What to Expect During a SkinPen® Procedure

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## **Pre-Treatment Consultation**

Your treating practitioner will ask questions regarding your medical history, inclusive of any medication or nutritional supplements that you may be taking, to determine if the SkinPen® treatment is suitable for you. They will also clarify your goals for treatment, may take photographs, and provide you with information regarding an individual treatment program, realistic treatment outcomes and an explanation of the treatment process.

Your treating practitioner will also advise on pre and post treatment care programs.

## **The SkinPen® Procedure**

Your skin will be prepared for treatment through cleansing followed by preparation with a disinfecting agent. Your treating practitioner may advise the use of a topical anaesthetic to ease treatment discomfort. Please follow all instructions outlined by the trained professional if topical anaesthetic is recommended.

SkinFuse® Lift HG (a hydrogel product) is applied to the skin's surface during the procedure. It is specifically designed and formulated for use with microneedling procedures to prevent against friction and abrasion during the treatment.

The treating practitioner will attach the sterile, single use needle cartridge to the SkinPen® to determine the length of the microneedle to use for the procedure. Once attached, the sterile tip of the SkinPen® needle cartridge is moved across the surface of the skin to perform the treatment. Some clients may experience a small amount of discomfort during the treatment alongside a small amount of pinpoint bleeding.

## **SkinPen® Post-Treatment Care**

The treating practitioner will clean the skin, if required, post procedure and apply a generous amount of SkinFuse® Lift HG to the area treated to maintain a moist wound healing environment to support skin recovery.

# What to Expect Following a SkinPen® Procedure

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The following are expected following SkinPen® procedures with experiences varying between clients:

- Low grade redness and swelling for up to 4 days post treatment
- Slight discomfort subsiding with 24 hours
- Bruising
- Mild crusting and scabbing for 2-3 days post treatment
- Short term skin dryness, tightness, itching and burning
- Skin peeling
- Short term darkening of skin pigmentation followed by lightening

1, 5, 9, 10, 11, 12, 13, 14, 15, 18, 19, 20, 23





# Are There Any Side Effects Associated with SkinPen® Procedures?

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SkinPen® microneedling procedures are generally very well tolerated with side effects being rare when your treatment is performed by a trained professional.

Most side effects will only occur due to not following appropriate pre and post treatment skin care instructions as set out by your treating practitioner, applying non-approved skincare to treated skin, and also due to not disclosing vital information to the skincare professional during the consultation.

The side effects may include:

- Skin infection
- Temporary post inflammatory hyperpigmentation
- Tram track appearance on the skin
- Bruising
- Allergic granuloma formation
- Systemic hypersensitivity
- Persistent redness
- Acne and milia
- Reactivation of herpes simplex virus (cold sores) <sup>1, 5, 6, 9, 13, 14, 18, 19, 20</sup>

## When to Call Your Doctor Following a SkinPen® Procedure

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Call your doctor immediately if you experience any of the following:

- Signs of infection: increased skin redness, heat, swelling, itching or pus formation within 48 hours post treatment
- Signs of an allergic reaction: contact dermatitis, unusual rash or itching, swelling or difficulty breathing, hives, asthma
- Appearance of herpes simplex infection

# Frequently Asked Questions

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## **Are complications or side effects commonly associated with SkinPen® procedures?**

Microneedling procedures are generally deemed minimally invasive with a low risk of adverse events and complications as long as treatment instructions and pre and post skin care advice is followed effectively. Most adverse events and complications are directly associated with poor skin care post procedure and not following instructions pre and post procedure <sup>6, 7, 10, 11, 12, 15, 19, 20</sup>.

## **How much downtime will I have with SkinPen®?**

Depending on the individual, some clients may be able to resume normal activities immediately following a SkinPen® procedure with other resuming normal activities the day after. The exception to this is exercise and activities that induce sweating and heat, as they may aggravate the skin post-procedure. For further guidance please refer to the post-treatment skincare guide in this booklet.

## **Can SkinPen® remove my acne and surgical scars?**

Microneedling procedures may improve the appearance of acne and surgical scars, however they cannot completely remove them.

## **Can SkinPen® remove my melasma?**

Microneedling procedures may improve the appearance of melasma, however cannot completely remove it or prevent it from coming back again.

## **How many SkinPen® procedures will I need?**

Every client varies with regards to their treatment needs, with most skin concerns requiring more than one procedure to achieve results. Your treating practitioner will create a treatment plan based on your individual needs and explain this to you during your first consultation. This plan may need to be reviewed over time.

## **Are results achieved by SkinPen® permanent?**

Some results achieved through microneedling procedures may last for a longer period of time than others. Due to this reason further procedures may be required to maintain results.

## **How long does it take to see results with SkinPen®?**

It may take up to 3-6 months to see results with SkinPen®. This is because beneficial effects associated with microneedling rely upon the wound healing process within the skin which takes time, hence results may take this long to physically appear.

## **I already have skincare at home – do I have to use particular products after a SkinPen® procedure?**

It is essential that you only use skincare products recommended by your treating practitioner following your SkinPen® procedure. This is due to your skin having microchannels within it that can enhance the absorption of topically applied products for 24-48hrs post procedure. Various products may lead to allergic reactions and the formation of unwanted adverse skin reactions, hence any product that has not been approved by your treating practitioner should not be applied due to this risk.

The recommended protocol following a SkinPen® procedure is as follows:  
SkinFuse® Lift HG only should be used for 24hrs following the procedure and the use of SkinFuse® Rescue Calming Complex may commence 24hrs after the procedure.

## **Can topical products be needled into my skin with SkinPen®?**

SkinPen® has not been clinically trialled for the intended use of needling of transdermal delivery of topical substances into the skin.



SkinPen<sup>®</sup>: Skin Priming,  
Pre-Treatment Instructions and  
Post Treatment Skin Care

# Skin Priming: Why is it Needed and What do I Do?

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**Skin priming** is the term used by skincare professionals to describe the process involved in preparing your skin for a treatment. Appropriate skin priming is essential prior to all SkinPen® procedures to reduce the incidence of unwanted side effects and complications from cosmetic procedures, and it also assists with the healing required by your skin after treatment <sup>19,23</sup>.

Without appropriate skin priming, the risks associated with undergoing some aesthetic procedures are increased <sup>19,23</sup>.

Your treating practitioner will devise a skin priming regime specifically designed to match your skin type and to also address your main concerns. They will explain it to you thoroughly during your consultation to ensure that you know exactly what to do.



Female | Age: n/a | Procedures: 6

Photos courtesy of Cathy A. Presnick, Licensed Aesthetician,  
A Perfect Complexion, LLC, Melbourne, FL.

# Pre-Treatment Instructions

Along with skin priming, there are some **‘things to do’** and **‘things to avoid’** that you will need to follow to assist with achieving desirable outcomes with minimal risk of side effects and complications. The following list provides a guideline for you to follow.

Timeframe prior to treatment	Things to do	Things to avoid
<b>Day of the treatment</b>	<ul style="list-style-type: none"> <li>• Advise your skincare professional if you have not been following your skin priming regime</li> <li>• Advise your skincare professional immediately if there is any change to your health, including the introduction of any new medications or supplements (topical or oral)</li> <li>• Wear sun protective clothing and bring a hat and sunglasses along with you to your treatment and plan to avoid the sun post procedure</li> </ul>	<ul style="list-style-type: none"> <li>• Wearing make-up (if possible)</li> <li>• Sun exposure</li> <li>• Exercise pre-treatment and post treatment</li> <li>• Exfoliating your skin or using skincare that contains exfoliating enzymes or acids</li> </ul>
<b>1 week prior to treatment</b>	<ul style="list-style-type: none"> <li>• Continue skin priming regime</li> </ul>	<ul style="list-style-type: none"> <li>• Sun exposure</li> <li>• Anti-wrinkle injections</li> <li>• Cosmetic vitamin A products (3 days prior to treatment)</li> <li>• Prescription topical vitamin A</li> <li>• Home needling</li> <li>• Hair bleaching or dying</li> <li>• Exfoliation treatments</li> </ul>
<b>2 weeks prior to treatment</b>	<ul style="list-style-type: none"> <li>• Continue skin priming regime</li> </ul>	<ul style="list-style-type: none"> <li>• Waxing or depilatory creams, electrolysis, and IPL/Laser hair removal</li> <li>• Sun exposure</li> <li>• Facial treatments (peels, microdermabrasion, facials, epidermal levelling)</li> <li>• Dermal fillers in the treatment area</li> </ul>

<p><b>4 weeks prior to treatment</b></p>	<ul style="list-style-type: none"> <li>• Start skin priming regime as advised by your skin care professional</li> </ul>	<ul style="list-style-type: none"> <li>• Sun exposure</li> <li>• IPL/Laser Skin Rejuvenation</li> <li>• AHA, BHA, Vitamin A or TCA Superficial to Medium Depth Peels</li> </ul>
<p><b>3-6 months prior to treatment</b></p>		<ul style="list-style-type: none"> <li>• Ablative Laser Resurfacing</li> <li>• TCA or Phenol Deep Peeling</li> </ul>
<p><b>6-12 months prior to treatment</b></p>		<ul style="list-style-type: none"> <li>• Roaccutane</li> </ul>

4, 6, 9, 10, 15, 16, 17, 18, 19, 23

# Post Treatment Skin Care: Why is it Needed and What Do I Do?

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Immediately following your SkinPen® treatment, your skin is very receptive to all products that are applied to it. This leaves your skin open to irritation and reactivity to certain products and the environment. Due to this reason you must be very careful with regards to what you put onto your skin and what environmental influences and exposures you come into contact with to avoid adverse effects.

The following outlines what you need to do to care for your skin following SkinPen® procedures to support a positive outcome while reducing the incidence of unwanted side effects and complications.

Days after treatment	What to expect & what to do	What to avoid
<p><b>First 48 Hours</b></p>	<p><b>WHAT TO EXPECT:</b></p> <ul style="list-style-type: none"> <li>• Low grade skin sensitivity with redness and swelling</li> <li>• Skin dryness and dehydration with a 'taut' feeling</li> <li>• Slight discomfort for 24 hours</li> </ul> <p><b>WHAT TO DO:</b></p> <ul style="list-style-type: none"> <li>• Use SkinFuse® Lift HG as required to hydrate the skin for the first 24hrs post procedure</li> <li>• Commence use of SkinFuse® Rescue Calming Complex 24hrs post procedure</li> <li>• Follow the post procedure regime set by your treating practitioner</li> <li>• Follow strict sun protection measures including physical sunscreen, hat, sunglasses and sun avoidance</li> <li>• Eat healthy and drink water</li> </ul>	<ul style="list-style-type: none"> <li>• Sun exposure</li> <li>• Do not apply any unauthorised products to your skin</li> <li>• Hot showers and saunas</li> <li>• Exfoliating products</li> <li>• Highly fragranced products</li> <li>• Non-recommended make-up and skincare products</li> <li>• Exercise that induces sweat</li> <li>• All vitamin A products</li> <li>• Products containing AHAs and BHAs</li> <li>• Anti-wrinkle injections and dermal fillers</li> <li>• Skin treatments of all varieties: peels, laser/IPL, facials, needling, microdermabrasion and epidermal levelling</li> <li>• Shaving and waxing in the area of treatment</li> <li>• Do not scratch, pick, pull at or abrade the treated skin</li> </ul>



<p><b>48-72 hours</b></p>	<p><b>WHAT TO EXPECT:</b></p> <ul style="list-style-type: none"> <li>• Skin sensitivity and redness may be decreasing at this point or gone</li> <li>• Skin dryness and dehydration may be present in some cases</li> <li>• Scabbing and crusting may be present</li> </ul> <p><b>WHAT TO DO:</b></p> <ul style="list-style-type: none"> <li>• Continue to use SkinFuse® Rescue Calming Complex</li> <li>• Follow the skincare regime set by your treating practitioner</li> <li>• Follow strict sun protection measures including physical sunscreen, hat, sunglasses and sun avoidance</li> <li>• Resume normal exercise</li> <li>• Resume wearing of makeup as normal</li> <li>• Eat healthy and drink water</li> </ul>	<ul style="list-style-type: none"> <li>• Sun exposure</li> <li>• Saunas</li> <li>• Exfoliating products</li> <li>• Products containing AHAs and BHAs</li> <li>• Skin treatments of all varieties: peels, laser/IPL, facials, needling, microdermabrasion and epidermal levelling</li> <li>• Anti-wrinkle injections and dermal fillers</li> <li>• Shaving and waxing in the area of treatment</li> <li>• Do not scratch, pick, pull at or abrade the treated skin</li> </ul>
<p><b>Days 4-7</b></p>	<p><b>WHAT TO EXPECT:</b></p> <ul style="list-style-type: none"> <li>• Skin is moving towards normal function</li> <li>• Redness, swelling and sensitivity should be gone by this point – if not contact your skincare professional</li> </ul> <p><b>WHAT TO DO:</b></p> <ul style="list-style-type: none"> <li>• Follow the skincare regime set by your skincare professional</li> <li>• Follow strict sun protection measures including physical sunscreen, hat, sunglasses and sun avoidance</li> <li>• Eat healthy and drink water</li> </ul>	<ul style="list-style-type: none"> <li>• Sun exposure</li> <li>• Saunas</li> <li>• Some exfoliating products</li> <li>• Highly fragranced products</li> <li>• Anti-wrinkle injections and dermal fillers</li> <li>• Skin treatments of all varieties: peels, laser/IPL, facials, needling, microdermabrasion and epidermal levelling</li> <li>• Shaving and waxing in the area of treatment</li> <li>• Do not scratch, pick, pull at or abrade the treated skin</li> </ul>
<p><b>Day 7 onwards</b></p>	<p><b>WHAT TO EXPECT:</b></p> <ul style="list-style-type: none"> <li>• Your skin has resumed normal function</li> </ul> <p><b>WHAT TO DO:</b></p> <ul style="list-style-type: none"> <li>• Follow the skincare regime set by your skincare professional</li> <li>• Follow strict sun protection measures including physical sunscreen, hat, sunglasses and sun avoidance</li> <li>• Resume use of exfoliating, vitamin A and AHA/BHA products as advised by your skincare professional</li> <li>• Eat healthy and drink water</li> </ul>	<ul style="list-style-type: none"> <li>• Sun exposure</li> <li>• Waxing, electrolysis and depilatory procedures and also Bleaching or hair dyeing in the area of treatment needs to be avoided for 2 weeks post treatment</li> <li>• Peels, microdermabrasion, epidermal levelling, home needling and dermal fillers need to be avoided as advised by your treating practitioner</li> <li>• IPL/Laser Skin Rejuvenation, in clinic needling, fractional ablative, full ablative laser and surgery in the area of treatment needs to be avoided as advised by your treating practitioner</li> </ul>

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