

A hand holds a gold-colored Dr. Pen microneedling device over a person's forehead. The device has a green light on its handle and a clear protective cap over the needle. The person's face is in the foreground, with their eyes closed and a neutral expression. The background is blurred, showing what appears to be a clinical or spa setting.

DERMODALITY SKIN SOLUTIONS X DR. PEN PROTOCOL

*MICRONEEDLING CAN BE PERFORMED ONCE PER MONTH
*NANO NEEDLING CAN BE PERFORMED ONCE A WEEK

dermodality
SKIN SOLUTIONS

PRE-NEEDLING

To minimize bleeding, please avoid taking anti-inflammatory medication, blood thinners, drinking alcohol or taking fish oil tablets for 3 days prior to your treatment.

You Will Need: Dr Pen device, clean towel, brand new cartridge, alcohol solution, numbing cream (optional), cotton pads, surgical gloves (optional), serum (Dermodality Hyaluronic PRO and/or Hyaluronic C Ester recommended).



CLEAN YOUR SKIN & TIE BACK YOUR HAIR:

- Any dirt, oils or stray hairs on the skin can increase the chance of infection or irritation. Double-cleanse (cleanse and repeat) your skin with your cleanser of choice (Dermodality Mandelic & Green Tea Cleanser recommended) to remove all traces of makeup and lotions. Fully tie back your hair, away from your face.



APPLY A NUMBING CREAM (OPTIONAL): I

- If your skin is sensitive, you can purchase numbing cream from over the counter or online. We recommend numbing creams that contain at least 5% Lidocaine. Numb 520 Cream | Ebanel® is a wonderful option and can be purchased on Amazon, WalMart.com or ebanel.com. Apply the recommended amount to the area that is to be needled, gently rub it in, apply saran wrap over numbing cream (leave room to breathe) leave on for 20 minutes then thoroughly remove the cream with warm water and a sponge. Once you've removed the cream, cleanse the skin again. This is to avoid getting numbing cream into the microchannels.



APPLY SERUM:

- Use a hydrating serum such as Dermodality's Hyaluronic PRO before microneedling to lubricate the skin, helping the needles to glide and preventing drag. Do not use Vitamin C Intense (as it can cause a reaction), retinol, exfoliants and/or brightening ingredients
- Ensure device is charged (if using cordless) or you're near a power source if using while plugged in

MICRONEEDLING



- Open a brand new cartridge packet and attach the cartridge into your device.
- Double check cartridges and make sure all needles are intact and not bent
- Ensure hands are clean and don't touch the tip or needles of the cartridge. You may also wear gloves.
- Choose your desired needle depth by rotating the dial on your device. For our depth chart, please check picture attached
- Work in small areas and apply serum to each area before needling. This will help to ensure that the pen does not drag or pull on the skin. The recommended pattern to move the pen for best results is vertical, horizontal, and then diagonal in both directions.
- Using a light pressure and without dragging, repeat this motion over each area two times. Use your free hand to hold the skin taught.

POST-NEEDLING



- If you desire, you may wash your face with tepid water - however this is optional. Immediately apply Hyaluronic Acid (Dermodality's Hyaluronic Pro) to the area to calm the skin and provide hydration.
- You will experience mild redness and swelling after needling, as well as needle point bleeding, this is normal and nothing to be concerned about.
- Avoid working out/sweating or applying makeup for 24 hours. If going outside you must apply a high protection sunscreen.
- If applying makeup is unavoidable, try to use one specifically for post-treatments or for sensitive skin to avoid irritation

AFTER-CARE

THE DAY AFTER TREATMENT (24 HRS):



- Wash your face with a gentle cleanser and apply a nourishing moisturizer. Dermodality's Moisture Soothe Plus is recommended.
- Avoid products containing fragrances or active ingredients (Vitamin C, Vitamin A/Retinols), acids (lactic acid, AHA, BHA), scrubs or toners which may cause irritation.
- Your skin may experience mild swelling, bruising, peeling and flaking. You can minimize these effects by keeping the skin moisturized, which will reduce shedding and alleviate tightness.
- Avoid exercising, sweating excessively, swimming or applying makeup for 24 hours. You must apply a high protection sunscreen when going outdoors, and avoid prolonged sun exposure.

48 HOURS AFTER:

- Optional: Begin to gently exfoliate the dry/flaking skin to help speed up the recovery process, and continue to hydrate the skin, morning and night. Please note that this step is totally optional and if you choose to exfoliate to speed along the process, be sure not to exfoliate with chemical or physical exfoliants. **Do not** exfoliate if the skin feels sensitive - the flakiness and dryness of the skin will naturally subside.

3-5 DAYS POST-TREATMENT:

- Continue to apply a high protection sunscreen daily and avoid direct and extended sunlight for up to 1-week post-needling. Your skincare routine should focus on hydrating and moisturizing products, such as Hyaluronic C Ester, Hyaluronic Pro and Moisture Soothe. If your skin feels irritated and sensitive, continue to avoid active ingredients, acids, scrubs and toners. If your skin feels normal and you are not experiencing any sensitivity, you may introduce Dermodality's Revitalizing Super Serum 48 hrs post treatment. This is the **ONLY** serum we recommend during this time.

7+ DAYS POST-TREATMENT:

- You may return to your regular skincare routine and start using actives again

MICRONEEDLING ON THE BODY:

- When needling areas of the body (such as the legs or hands), avoid needling over the bony parts (especially on the legs). Ensure only to use 36-42 pin cartridges for microneedling the body and take precaution not to use any active ingredients (such as acids or retinoids) after microneedling. Regarding needle depth, we recommend using 0.5mm for legs and up to 1.5mm for fattier areas of the body.

