

# Discharge Instructions: MicroPen EVO

Thank you for allowing us to treat you at Self Care LA!  
We're excited to take this MicroPen EVO journey with you.

## Post-Treatment Care & Expectations:

- **Day 1:**
  - Mild to moderate redness and swelling (like a sunburn)
  - Use the Lift HG serum as needed for the first 24-48 hours
  - Use the Rescue Calming Complex every 3 hours – hydrates and soothes
  - Avoid any other skin products for the first 24 hours
- **Days 2-4:**
  - Some persistent redness on day 2 – can use makeup
  - Should return to normal appearance by day 4
  - Use a gentle cleanser (Cetaphil) and Zinc Oxide Sunblock along with the Rescue Calming Complex and the Lift HA serum
  - Avoid exercise for the next 3 days
  - Minimize sun exposure for 3 days

## Some things to remember:

- Ideally you should space out other facial treatments (Botox, Juvederm) at least 3 weeks apart
- Any other laser treatment (i.e IPL) should be spaced out at least 1 month apart

MicroPen EVO Microneedling has excellent value as a single treatment but works wonders in a series, our recommendation is to get treated monthly for at least 4 months, then switch to quarterly, then semiannual maintenance. Additionally, Microneedling using MicroPen EVO has wonderful synergistic effects along with Clear + Brilliant followed by a SkinCeuticals skin care regimen.

If you have any questions or concerns about your treatment, you can always get in touch with us.

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