

## **Numbing Instructions for Skin Pen ( Microdermabrasion) treatment**

Prior to your Skin Pen treatment, you will need pick you a numbing kit. Enclosed in your numbing kit is a small container of BLT cream. This cream consists of Benzocaine, Lidocaine, and Tetracaine.

(Allergy Alert – If you are allergic to any of the “caine” drugs, please let a provider know. If you have a heart or blood pressure diagnosis, please notify the staff at the office prior to applying any topical numbing).

### **For Skin Pen Treatments: 45-60 Minutes Before Treatment**

Start with a clean, makeup free face. This includes any eye make-up and lipstick. Remove any oils from the skin using a quick swipe of alcohol over the entire face. This will increase the absorption of the numbing cream.

Put the glove on and remove cream from jar. Gently massage cream over entire face, starting with forehead and working downward toward jaw line (About an inch below and just under chin area). Massage the cream into the skin paying special attention to boney areas of face such as the forehead, cheekbones and jaw line. You do **NOT** have to apply a **THICK** layer for the cream to be effective. Avoid under eye area, applying cream no higher than the bony prominence of the cheek. Avoid eyelids and lips.

If BLT gets on your lip or tongue, or if you rub your eye, it will also get numb. This is not cause for concern, but it will feel odd.

**Remember: You must start numbing 45-60 minutes before your treatment for the cream to be effective. Failure to do this will result in unnecessary discomfort during your treatment or cancellation of your appointment. If you have questions or concerns, please call us at 502-589-8000.**