



Topical Numbing Cream Instructions

For SkinPen or RF Microneedling, CoolPeel, or IPL (if you choose to numb)

Once you've purchased a SkinPen Microneedling, RF Microneedling, or CoolPeel package, you'll receive a complimentary WIFH At-Home Numbing Kit. This can be picked up in-office before your first session or mailed directly to you for just \$7. If you choose to numb for IPL, you may purchase a numbing kit for \$75. We do this to help optimize your time, so instead of waiting in our office for up to an hour, you can apply the numbing cream at home and arrive ready for treatment.

Before Applying the Numbing Cream:

To ensure optimal comfort and effectiveness during your treatment, please follow these steps carefully:

- Put on a headband or pull your hair back to keep it away from your face.
- Cleanse your face and neck twice with a gentle cleanser. Be thorough, clean around your hairline, brows, and neck to remove all makeup, sunscreen, and skincare products.
- After cleansing, use the provided alcohol wipe to remove any residual oil or product. Allow your skin to dry completely before applying the numbing cream.

How to Apply:

- With clean gloves, use the provided tongue depressor to stir the cream in the jar, this activates the ingredients.
- Apply a thin, even layer of the numbing cream to your entire face and neck (just above the collarbones).
- Avoid sensitive areas including inside your eyebrows, eyelids, nostrils, and directly above your lips. Do not apply it into the hairline.
- Use gloved hands to gently press and massage the numbing cream into the skin for even absorption and complete coverage.
- **Optional:** Cover the area with plastic wrap to help lock in the cream. Leave eyes, nostrils, and mouth uncovered to breathe and see comfortably.

Timing & Important Notes

- Apply the numbing cream at least 60 minutes before your appointment time unless instructed otherwise by your practitioner.
- Do not remove the numbing cream, our team will remove it once you arrive for your procedure.
- If you experience any irritation, remove the numbing cream immediately and contact our office.
- For Fractional CO₂ treatments, please do not apply numbing cream at home, it must be applied in-office by your practitioner.

Additional Information

Each jar in your WIFH At-Home Numbing Kit is labeled for your specific treatment and contains enough product for your face, neck, and additional coverage if needed. Even though the amount may appear small, a thin layer is sufficient for full numbing effect.

Please call our office if you have any questions or concerns 404-832-0300