

San Carlos EYE CARE

www.sancarloseyecare.com

RADIOFREQUENCY PRE-TREATMENT CARE

- Upon arriving for treatment your skin should be clean, without makeup, cosmetic products, perfumes, or lotions.
- Please remove all jewelry, including necklaces, bracelets, watches, earrings, and any other piercings.
- Please discontinue the use of retinols, AHA/BHA, and tretinoin in the intended area of treatment 24 hours prior to treatment.
- If necessary, please shave the treatment area 1 day prior to treatment.
- Injectables including neurotoxin and dermal fillers should not have been given in the last 2 weeks prior to treatment.
- Stay hydrated! Drink plenty of water for several days in advance of the treatment. For the best results, drink at least 4 cups of water per day for at least 2 days prior to the treatment.

RADIOFREQUENCY POST-TREATMENT CARE

- Clean and dry area of treatment.
- Apply moisturizer with SPF 30 or higher post treatment, daily.
- Hydrate after treatment.
- You may experience mild swelling, redness, and sensitivity to heat, typically resolving within 24-48 hours after treatment.
- You may cleanse with lukewarm water and a gentle cleanser, but should avoid hot water when washing/showering until any redness of the treatment area has subsided.
- You can resume normal skincare 24 hours post treatment.
- Avoid excessive exercise, sweating, hot baths, and saunas for 24 hours after treatment.

**Please call the office at (650) 596-1999 or
scan the QR code to visit our website if you
have any questions!**

