

RF SKIN TIGHTENING

Before your RF skin tightening treatment, avoid sun exposure, active skincare ingredients like retinoids and AHAs/BHAs, and certain procedures like waxing or laser treatments. After the procedure, protect your skin from the sun, avoid heat-inducing activities such as hot baths and saunas, and refrain from using harsh products for a few days. Keep the area clean, well-moisturized, and hydrated, and avoid picking or scratching the skin. [🔗](#)

Before the treatment

- Sun exposure: Avoid excessive sun exposure and sunburn in the treatment area for at least two weeks prior.
- Skincare products: Stop using products with active ingredients like retinoids (Vitamin A), AHAs, and BHAs for 3-5 days before your appointment.
- Other procedures: Avoid waxing the area for 3-5 days and other laser treatments for at least two weeks.
- Avoid injectables: Do not get any injectables in the area for two weeks before your treatment.
- Hydration: Arrive at your appointment well-hydrated.
- Remove metal: Remove all metal from around the treatment area, such as jewelry. [🔗](#)

After the treatment

- Cleanse and moisturize: Gently cleanse the skin with a mild, non-abrasive cleanser and lukewarm water. Follow with a gentle, hydrating moisturizer.
- Avoid heat and sweat: Do not take hot baths or showers, go to saunas, or swim for at least 24 hours. Avoid strenuous exercise for 24-48 hours to prevent excessive sweating.
- Product restrictions:
 - Do not apply makeup for at least 24 hours, and never go to bed with it on.

- Avoid exfoliants, harsh cleansers, and other "active" skincare products like retinoids and AHAs/BHAs for at least 3 days to 2 weeks, depending on the clinic's instructions.
- Sun protection: Protect the treated area from direct sunlight for at least two weeks. Apply a broad-spectrum sunscreen with SPF 30 or higher daily and wear a hat and protective clothing.
- Do not pick: Do not pick, scratch, or pull at the treated area to avoid scarring, infection, or pigment changes.
- Hydration: Drink plenty of water to help your body clear toxins and stay hydrated.
- Avoid certain activities:
 - Do not shave the treated area until sensitivity has subsided.
 - Avoid smoking or vaping for a minimum of 14 days, as it can affect healing.
- Follow-up: A follow-up appointment may be recommended to review your progress.