## RF Needling Post-Treatment Instructions

* Use an air cooler or towel wrapped ice pack to calm the skin down, if needed.
* Apply single use topical antibiotic provided before bed same day, otherwise, nothing but cool water should be used for the first 24 hours following your treatment.
* Avoid harsh topical products or alcohol-based toners for two weeks. Otherwise, after 24 hours, you can resume your normal skin care regimen.
* A mild crusting might be noted 1-5 days following treatment. Crusts will disappear naturally in several days. Do not to pick. Soaking skin in the shower for 10-15 minutes and rubbing *very gently* with a washcloth can help with sloughing.
* Avoid vigorous activity such as exercise, excessive heat, or sun exposure for at least 1 week.
* Avoid sun exposure for the first day and beginning on the second day, apply a broad spectrum UVA/UVB sunblock with an SPF of 30+ and PA++ according to the product manufacturer’s instructions, if you’re outside. Until the skin returns to normal, when outdoors; always use an umbrella, hat or other available protection against sunlight.
* You’ll need to wait a minimum of 3 weeks for your next treatment and that 4-6 weeks is typical between treatments.
* KEEP IN MIND: you’re skin is like a sponge during this first week! Anything you put on it will be absorbed at a much higher rate. Active and high-quality products will get you better results! Whereas low quality, and non-active products can clog pores and could cause breakouts, or keep you from getting your optimal results!

 **Common Skin Reactions**

* 1 day Post-Treatment: Redness and some minor swelling can occur. This usually subsides within 3 days max.
* Sometimes a mild crusting may appear 1 – 2 days after treatment and sloughs off in 3 – 5 days. Other less common skin reactions include itching, which fades in a few days, or bruising which can take up to a week to disappear. Do not scratch!
* Less common side effects can include Irritation, itching, and burning sensation. These typically subside in a few hours to 1 day, but may get aggravated with heat or sweating. Use of a topical steroid can help if these side effects linger.

 **Expected Results:**

* 3 days – 1 week After:

Brighter skin tone and significant reduction in oil production.

* Up to 1 month After:

 Improvement of fine wrinkles and skin laxity. Skin will be firmer and feel more youthful.

• 1-3 months After:

 Continuous improvement of fine wrinkles, pores size, scars and skin tightening are noticeable! Be diligent with your skin care routine. Your skin has been improved, but you’ll need to maintain it. Sunscreen is highly advised! In Colorado’s dry climate, an active moisturizer and a vitamin c serum should be a staple in your daily regimen. Final results are seen at 3 months max. More treatments may be needed for desired results, and may take up to 3 treatments.