



## RF MICRONEEDLING POST-OP CARE

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\*Wait until the morning after your treatment to wash face and apply products (only thing you may use for the rest of the day is Plated Science Calm Serum \*if applicable)

Procedure Day (Evening):

Use distilled water if you feel you have gotten any dirty/debris/sweat in treatment area, then apply Plated Science Calm Serum \*if applicable.

Morning Routine:

Cleanse  
Calm Serum (if applicable)  
CMT Post-Procedure Cream  
Sunscreen

Night Routine:

Cleanse  
Calm Serum (if applicable)  
CMT Post-Procedure  
Cream

- Keep face clean at all times, make sure you use clean pillow cases and wipe your phone screen.
- No other skincare products are to be used for the first 5 days
- Avoid sun exposure and use SPF to prevent sun damage
- Avoid heat- hot tubs, saunas, etc. for 1-2 days
- Avoid skin irritants for 7 days after treatment
- Products containing tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acid, vitamin c/ascorbic acid, astringents, etc.
- Redness and swelling will resolve with time

**If you have any question at all, please call/text our office at (512)709-0161**