

Pre & Post Care

SecretPRO MicroneedlingRF + CO₂ Treatments

For best results please follow these instructions

BEFORE Your Treatment:

- Do not wear makeup on the day of treatment
- Excess hair may need to be shaved. Men should be cleanly shaved
- No sun-tanning or self-tanners 4 weeks prior to treatment
 - Includes spray tans, tanning lotions, tanning beds, sun exposure, etc.
- Avoid skin irritants a few days before and after treatment
 - Tretinoin, Retinols, Benzoyl Peroxide, Glycolic/Salicylic acids, Vit-C, Astringents, etc.
- Notify Pure Aesthetica with any changes to your health history or medications
- History of herpes or cold sores may require an anti-viral prescription prior to treatment

AFTER Your Treatment:

- Do not wash your face for at least 4-6 hours post-treatment
- Gently wash and pat dry your skin twice a day until the crusting naturally sloughs off
- Apply a mild moisturizer to the treatment area twice a day for 2 weeks or until the area is fully healed
- A visible fine scab or crusting will develop 3-5 days after your treatment
 - Do not remove or scratch it
- You may feel redness, dryness, swelling, and some pain for 2-3 days
- Bruising or a grid pattern may occur and resolve with time
 - More aggressive treatments OR the use of irritants before/after treatment can lead to longer downtime
- Apply sunblock every 3-4 hours for 2-4 weeks after your procedure to help prevent UV-induced pigmentation
- Do not wear face masks until the fine scabbing/crusting has exfoliated or sloughed off (up to 5 days)
- Avoid skin irritants for 7-10 days after treatment
 - Tretinoin, Retinols, Benzoyl Peroxide, Glycolic/Salicylic acids, Vit-C, Astringents, etc.
- Avoid sauna and aggressive exercises for 1-2 weeks
- Optional to keep your skin cool and moisturized by spraying with cold water during the healing process
- Stay hydrated and drink plenty of water
- Multiple treatments may be required
- Notify Pure Aesthetica of any concerns (blistering, excessive redness/swelling, persistent grid pattern, etc.)
- Consult with Pure Aesthetica when to resume skin care regime

Additional Instructions
