

The following aftercare advice is essential to help reduce the risk of treatment complications, to improve your comfort/healing and to help achieve the best possible results from treatment.

Please follow the aftercare advice for RF Microneedling:

- Avoid sun exposure and apply broad-spectrum sunscreen with an SPF of at least 30 every day for at least a week after your treatment.
- Do not apply any makeup or other skincare products to your treated skin for at least 24 hours after your treatment.
- Do not pick at, scratch, or rub the treated area for at least 48 hours after your treatment.
- Avoid strenuous exercise, hot tubs, saunas, and steam rooms for at least 48 hours after your treatment.
- Cleanse your treated skin gently with a mild, non-abrasive cleanser and lukewarm water.
- Apply a gentle, non-comedogenic moisturiser to your treated skin to prevent dryness and irritation.
- If you experience any redness, swelling, or discomfort, you may apply a cold compress to the affected area for 10-15 minutes at a time, as needed.
- It is normal to experience some mild redness, swelling, and discomfort after your treatment. This should subside within a few days.

It is essential that you have read all of the information available. Once you have read and understood all of the below, please sign the declaration at the bottom of this form. Please do let your practitioner know if you have any questions or if you do not understand any of the aftercare instructions provided below.

I confirm that I have read and understood all the information on this Form and that I have been given the opportunity to ask any questions that have come to mind throughout.