



Radio Frequency Microneedling

AFTERCARE

Pre Treatment Instructions:

- This treatment cannot be done when pregnant, or if you have an electronic implant (Insulin pump, pacemaker, LVAD, etc)
- This treatment may activate any cold sores or fever blisters. Get an antiviral from your doctor
- You must quit taking Accutane for 12 months prior to having a RF micro-needling treatment.
- Do not use self-tanning lotions or tanning booths two weeks prior to your treatment.
- Do not sunbathe two weeks prior to your appointment.
- Do not use any irritating skin care products such as Retin-A or acids for one week prior to treatment.
- Areas of dental crowns, caps, braces, or other metal dental implants may be more sensitive to the treatment and the clinician may use gauze or a tongue depressor to isolate the area to make the treatment more comfortable.

Post Treatment Instructions:

- A certain degree of discomfort, redness, and/or irritation during and after treatment is expected. If any discomfort or irritation persists more than 48 hours, please notify us
- Tiny scabs (of less than 1 mm in diameter) may form 24-72 hours post treatment and may remain for several days. The scabs should not be touched or scratched (even if they itch) and should be allowed to shed naturally.

IT IS IMPORTANT TO FOLLOW THE SPECIFIC AFTERCARE INSTRUCTIONS PROVIDED TO ENSURE THE BEST POSSIBLE HEALING AND RESULTS. IF YOU HAVE ANY QUESTIONS OR CONCERNS ABOUT THE AFTERCARE PROCESS, BE SURE TO ASK YOUR PRACTITIONER FOR MORE GUIDANCE



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Post Treatment Instructions Continued:

- **Avoid hot baths, massage, irritating skin care products or exfoliants, etc for 2 weeks.**
- **The skin should be kept clean to avoid contamination or infection; any mechanical or thermal damage to the area must be avoided.**
- **The skin should be kept clean to avoid contamination or infection; any mechanical or thermal damage to the area must be avoided.**
- **It is important to keep your skin moisturized after the treatment**
- **You may have mild swelling for 1-3 days after your treatment.** Patients may apply an icepack (NOT direct ice) to the irritated area for 1-2 days in approximately 15-minute sessions 3-4 times per day.
- **Redness for 1-5 days is common.**
- **Makeup can be applied 24 hours after treatment.**
- **Avoid prolonged sun exposure or use of tanning bed for at least four weeks after the treatment,** as the skin that was treated will be more sensitive to the sun after your treatment.
- **Use a minimum of SPF 30 daily to protect your skin after your treatment.**