

RF Microneedling Care Instructions

Before Treatment

- If you have a history of cold sores, we recommend an oral antiviral, as recommended by your doctor, on the night before and on the day of treatment.
- Avoid products containing tretinoin, retinol, benzoyl peroxide and glycolic/salicylic acids for 5-7 days prior to treatment.
- Avoid taking any medications or supplements that thin your blood, such as aspirin, ibuprofen or fish oil for 5 days prior to treatment.

Day of Treatment

- If the face is being treated, have all facial makeup removed prior to your appointment.
- Men should be clean shaven.
- Tylenol can be taken prior to the procedure.
- Please apply numbing cream 1 hour before your visit as discussed in your consultation.

After Treatment

- No exercise, hot tubs, saunas, steam rooms, or anything that exposes you to heat for at least 48 hours.
- It is highly recommended to hydrate very well with water for 3 days post treatment.
- Refrain from applying anything to the skin after the treatment for 24 hours. This will help minimize purging/breakouts post procedure. If you must, use clean hands to apply gentle cleanser, moisturizer and SPF. This will help to alleviate some discomfort and soothe the skin. The day after your treatment use gentle products (Cerave or Cetaphil is recommended). Proper moisture applications will help relieve dry/tight sensation post treatment.
- Please avoid harsh topical products containing any exfoliants, AHA/BHA, glycolic acid, lactic acid, retinoids or alcohol-based toners for two weeks
- Avoid sun exposure as much as possible for 48 hours after treatment. After 24 hours you can apply a non comedogenic mineral based sunblock with an

SPF of 30+. Reapply every 2 hours when out in the sun. Until the skin returns to normal, when outdoors use an umbrella, hat or other available protection against sunlight, even on cloudy days.

- You may experience some short-term skin responses including but not limited to the following:
 - You will have a "sun-burn" sensation typically up to 48-72 hours post treatment.
 - Redness and swelling may occur. This is a normal response and duration will depend on individual treatments but is typically 1-3 days. You may take Benadryl or Zyrtec to help with swelling. Cool packs, but not ice packs, can be applied if necessary to help relieve inflammation and provide comfort in the first 36 hours.
 - Dry or mild crusting might be noted along with itchy skin within the first few days after treatment. This can also give a tight sensation. Regular application of the provided products will reduce this sensation. You may also mix in Hydrocortisone to help with itching. If crusting occurs, it usually begins 1-2 days after treatment and sloughs off in 3-5 days. In the area treated you can expect to see a grid-like pattern for up to 2 weeks.
 - A "bronzed" appearance may also occur within the first few days after treatment. For some this may appear more pink-toned along with mild/discrete flaking. It is important to not pick.
 - The RF delivers heat deep in the skin which can result in a purge or breakout post treatment. This is normal and breakouts should resolve within 1-2 weeks. If the breakouts are more than a few, please reach out to us so we can evaluate if a prescription should be used to help during the purging process.
 - Days 1-5 post treatment, use an approved, gentle cleanser and moisturizer. Moisturize as needed or at least 1-2x that day. Make sure to apply a broad spectrum sunscreen with SPF of 30 or higher, on top of your moisturizer. Do not use products with Active Ingredients.

- Resume normal products once flaking/dryness has subsided or after 5-7 days.
- Do not use Retin-A, Retinols, or Tretinoin for 7 days post procedure. If you are a Fitzpatrick V or VI (darker skin tone), please start your Hydroquinone after 48 hours.
- Do not apply makeup on the day of your treatment and try to avoid makeup for 48 hours post treatment. Please wash all makeup brushes prior to any makeup application.
- You will want to schedule your next treatment in 4-6 weeks. We usually recommend 2-4 treatments spaced 4-6 weeks apart if you are doing a series.
- You can start to see a difference in your skin at 1 week, but full results will not be seen until 8-12 weeks post procedure.

Questions/Concerns. Post-treatment healing varies from patient to patient. If you have any questions or concerns, please contact our office at 425-450-0880.