



## Pre and Post Radiofrequency Microneedling

### Treatment Care Before your treatment

- Avoid use of non-steroidal anti-inflammatory drugs (NSAIDs like aspirin, Motrin, Advil, ibuprofen, or any other non-Tylenol, non-acetaminophen product) for two weeks prior to treatment to minimize the potential for bruising, unless the medications involved are prescribed for the treatment of an existing medical condition.
- Hydrate: for seven days prior, moisturize your skin in the morning & evening. Drink at least 8 glasses of water per day.
- If you have a history of fever blisters, take antiviral medication starting 1 day prior and follow directions on your prescription.
- Stop all topical acids (like glycolic, alpha or beta hydroxyl acids), retinols, retin-A, or other like products 4 days prior to treatment.
- Avoid tanning beds or prolonged exposure to the sun 4 days prior to treatment. Always use a zinc oxide sunscreen with SPF 30+.
- Remove all substances from the intended treatment area, including topical numbing cream, tanning products, ointments, lotions, perfumes, bath/shower oils, deodorants, etc. Do not use flammable products in the vicinity of anticipated treatment.

### Following your treatment

- Expected downtime: 5-7 days. The expected healing sequence and expected treatment side effects include redness, swelling, bruising, light discomfort, and possibly small bumps and pinpoint bleeding.
    - Cover your pillowcase daily for 5 days with a clean towel each day to avoid soiling linens or contaminating yourself.
  - Wash treated area 3-4 times daily. To clean use mild cleansers or soaps without perfumes, acids, and avoid washcloths and harsh cleansers until all transient healing processes have resolved naturally. We offer a post treatment skin care kit.
  - Apply a thin coat of antibiotic or healing ointment (like Cerave healing ointment) to the treated area as per standard medical procedure. Keep the treated area moist AT ALL TIMES FOR 1 WEEK, to avoid scab formation.
  - To minimize the post-procedural inflammation, apply ice packs on the treatment zone for about 45 minutes (15 minutes on 15 minutes off) for 24 hours.
  - Sleep with slight elevation of your head on 2-3 pillows. Avoid sleeping with pets for 48 hours
  - Avoid excessive sun exposure on the treatment area and use a sun screen (SPF 30+) for one month following the procedure.
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- If you are healing well, you may resume using mineral makeup 48 hours later. Do not resume the use of topical acids, retinols, retin-A, etc. for 7 days.

**Re-Treatment Clinical** testing suggests that wrinkle improvement can continue to develop for 3 to 6 months following treatment. Clinical literature suggests that the dermal remodeling process following non-ablative RF treatments can continue for 6 to 12 months.

**If you have any questions, please contact us at 970-343-6933.**