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MICRO NEEDLING RADIO FREQUENCY POST TREATMENT INSTRUCTIONS

- Avoid makeup and moisturizer for about 24 hours. Afterwards makeup, moisturizer, regular soap (not scrub/exfoliation soap) may be used unless unwanted reaction occurs in the area.
- During the first two days post treatment, extra care should be taken to keep the skin clean to avoid contamination or infection. Additionally, hot baths, massage or any mechanical or thermal damage to the treated area should be avoided.
- **Exposure to sunlight or tanning beds should be avoided and the treated skin should be covered with a high factor sun screen. Tanning after treatment may cause change of pigmentation.**
- **It is recommended that the patient returns 2 to 3 days post treatment to evaluate the treatment area and ensure that no adverse events have occurred.**

Immediately after your Micro-Needling RF procedure, do not take any anti-inflammatory medications such as Ibuprofen, Motrin or Advil. These agents will interfere with the natural inflammatory process that is critical and responsible for your skin rejuvenation. Follow these simple steps:

- **Day of procedure:** No lotions, makeup or other topical products on your face before your procedure. After your procedure your medical provider may apply a lipo-peptide booster, skin moisturizer, and sun screen. You may clean your face with a gentle cleanser before bed.
- **Day 1:** On the next day, you may clean your face as usual and apply makeup, lotions and other topical products as usual. Stay away from exfoliants or glycolic acids that are present in cleansers as these can make your skin very dry after the procedure. Be sure to use an approved SPF30 or greater sunscreen!
- **Days 2-7:** Within two (2) days following your Micro-Needling RF procedure, you will notice skin dryness and flaking. This is due to an increased turnover of skin cells. During this period, you may apply your regular skin moisturizer. Follow the instructions given to you by your medical professional. If your medical professional used the roller or needle device around the eyes, you may have a little micro bruising that may exist for three or four days. This can easily be covered with makeup.
- Days later, your skin will start shedding. These are skin layers that would regularly shed a week later, but the Micro-Needling RF brings this skin to the surface sooner. During this temporary process, your skin will shed and be dry.
- **Days 7+:** A week after the Micro-Needling RF procedure, most patients notice that their skin is smoother and more radiant.