

MICRONEEDLING RADIOFREQUENCY PRE & POST TREATMENT INSTRUCTIONS

Microneedling RF is a revolutionary energy-based treatment, FDA approved, to create new elastin, collagen and hyaluronic acid – the building blocks of your skin. These building blocks are essential in keeping your skin smooth and elastic. Microneedling RF carefully heats the skin to an exact temperature to effectively and dramatically create dermal volume as well as tighten and tone lax skin. Microneedling RF dramatically improves skin laxity, acne scarring, cellulite etc. without surgery.

Prior to your treatment:

- ***Please arrive at your appointment time well hydrated.*** Ideally, you should drink 2-3 16-ounce bottles of water the day before, the day of and the day after your treatment.
- Please wear comfortable clothing on the day of 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.
- Avoid tanning beds or prolonged exposure to the sun 4 days prior to treatment. Always use a zinc oxide sunscreen with SPF 30+.
- Stop all topical acids (like glycolic, alpha or beta hydroxyl acids), retinols, Retin-A, or other like products 4 days prior to treatment.
- 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.
- Successful treatment outcome can be affected by smoking or excessive alcohol consumption, as well as: eating disorders, on-going medication or insufficient hydration.
- If you have a history of fever blisters, take antiviral medication starting 1 day prior and follow directions on your prescription.

Post 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. ***Downtime is reduced when used in combination with PRP (platelet rich plasma).***

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.

Apply a thin coat of healing ointment (Vaseline, Aquaphor or Wound healing gel) to the treated area as per standard medical procedure. Keep treatment 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 (above the heart level) on 2-3 pillows. Avoid sleeping with pets for 48 hours to avoid risk for infection.

Avoid excessive sun exposure on the treatment area and use a sun screen (SPF 30+) for one month following the procedure.

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.

Post treatment Consideration

Clinical testing suggests improvement to 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. Maintenance treatment plan to be determined by your clinical provider.

Contact the office at **281.404.5454** if you have any concerns about how your skin is responding to treatment or is healing.

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