

# Microneedling with Radio Frequency

## Pre treatment:

- No alcohol for 72 hrs prior treatment.
- Avoid NSAIDS (Tylenol is ok) for 72 hrs prior.
- Apply moisturizer to damp skin morning and evening for at least 7 days prior.
- If you have a history of fever blisters, take anti-viral medication the day before, day of, and day after treatment.
- Do not use any AHA's, BHA's , or Retinoids for 72 hrs prior.
- Do not use tanning beds and avoid prolonged sun exposure for one week prior to treatment. Always use SPF 40+

## Treatment day:

- 45 min before appointment, cleanse skin and apply numbing cream (provided.) Do not rub it in, rather leave it on like a mask. **Use the entire amount provided and rub into hairline.**
- If you would like a prescription to help with anxiety, please call before your treatment day to have that arranged (you will need a driver.)

## Post treatment:

- Expect redness, pinpoint bleeding, mild discomfort and swelling. You may develop pinpoint bruises and small bumps. Some people also experience gridline marks. Recovery time is typically 5 days but can be longer for the neck.
- Immediately after treatment apply a cool compress wrapped in clean towel to the treated area. You may also apply aloe vera or arnica gel.
- Beginning day of treatment, cleanse treated area morning and evening with a gentle cleanser--nothing abrasive, no scrubbing. Apply moisturizer after cleansing.
- Sleep on a fresh pillow case day of treatment with head slightly elevated.
- Avoid make up for 48 hrs. Avoid retinoids, AHA's, and BHA's for 2 weeks. Avoid sun exposure & sunscreen for 24 hrs (stay inside.)
- Avoid excessive sun exposure for 1 month and wear spf 40+ daily.