

RF micro needling pre and post 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. These agents will also interfere with the natural inflammatory process that is critical and responsible for your skin rejuvenation
- 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.
- 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.
- Avoid Accutane for the past 6 months
- Do not use topical agents that may increase sensitivity of skin: retinoids, topical antibiotics, exfoliants, acids that may be drying or irritating to the skin (such as alpha hydroxyl acid (AHA) beta hydroxyl acids (BHA), exfoliating masks, salicylic acids, hydroquinone, and benzoyl peroxide acne products) 5-7 days prior
- Avoidance of IPL/Laser procedures, unprotected sun exposure or sunburn for 2 weeks prior.
- No waxing, depilatory creams or electrolysis to area being treated 5-7 days prior

- No shaving the day of the procedure to avoid skin irritation. If there is dense hair present in the treatment area, closely shave the area the day before you arrive to your appointment. Moles, warts or actinic (solar) keratosis cannot be treated. If you are prone to cold sores, take antiviral agent for 2 days prior to and day of treatment. Call office for prescription.
- This treatment cannot be done when pregnant, or if you have an electronic implant (Insulin pump, pacemaker, LVAD, etc)
- Inform us of any medical conditions such as pregnancy, cold sore and fever blister tendencies, any type of allergy, recent facial peels or surgery, and all current medications (including both prescriptions and over-the-counter products) such as Accutane, tetracycline, hormone replacement therapy, or use of Retin-A.
- This treatment may activate any cold sores or fever blisters.
- Do not use self-tanning lotions or tanning booths two weeks prior to your PiXeI8- RF treatment. Do not sunbathe two weeks prior to your appointment.
- Areas of dental crowns, caps, braces, or other metal dental implants may be more sensitive to the treatment and the clinician may use gauze or a tongue depressor to isolate the area to make the treatment more comfortable.

Day of Treatment:

- Skin is clean without lotion, oil, makeup, powder, perfume or sunscreen. Patient may wash face in office upon arrival.
- Inform provider of any relevant changes in your medical history and of all medications you are taking.
- Notify provider of any cosmetic tattoos to areas being treated.
- Topical Lidocaine will be applied in office for 30-45 min prior to treatment.

After 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.

- A certain degree of discomfort, redness, and/or irritation during and after treatment is expected. If any discomfort or irritation persists more than 24-hours, please notify Skin Med Spa by phone or text at (612)419-9655.
- 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.
- It is important to keep your skin moisturized after your treatment! Apply a thin coat of antibiotic or healing ointment (like Aquaphor®) 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 and swelling, 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.
- Contact Skin Med Spa at (612)419-9655 if you have any concerns about how your skin is responding to treatment or is healing.
- 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.
- Tiny scabs (of less than 1 mm in diameter) may form 24-72 hours post treatment and may remain for several days. The scabs should not be touched or scratched (even if they itch) and should be allowed to shed naturally.
- During the first two (2) days following treatment, care should be taken to prevent trauma to the treated site: avoid hot baths,

massage, irritating skin care products or exfoliants, etc. The skin should be kept clean to avoid contamination or infection; any mechanical or thermal damage to the area must be avoided

Follow-up Care:

- 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.
- It is recommended to have a minimum of 3 - 6 treatments, each treatment being 4 to 6 weeks apart for maximum benefit of the RF Microneedling. New collagen formation takes 3 to 6 months to develop. Please be patient. Once desired results are achieved, a maintenance treatment should be done every 3 to 4 months to maintain results.

Contraindications for treatment:

- Pregnancy
- Actively infected or actively inflamed skin
- Skin irritation
- Cystic acne to area being treated
- Keloid scars
- Allergies to topical lidocaine and sunburn