

RADIO FREQUENCY RF MICRONEEDLING PRE /POST CARE INSTRUCTIONS

PRE-CARE

- You may not be treated if you are pregnant or nursing, have difficulty swallowing, nerve injury or weakness in the treatment area, or an infection in the area. Inform your medical provider if you are on blood thinners or have had procedures or surgery of the treated area.
- Reveal 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.
- The patient must quit taking Accutane for 6 months prior to having a Radio Frequency Microneedling treatment.
- You CAN NOT receive a Radio Frequency Microneedling treatment on a patient if you have an electronic implant (Insulin pump, pacemaker, LVAD, etc.)
- DO NOT use self-tanning lotions or tanning booths two weeks prior to your RF Microneedling treatment. DO NOT sunbathe two weeks prior to your appointment.
- Avoid taking NSAIDs such as Advil, Motrin, Aleve, aspirin for one week prior to scheduled procedure.
- 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.

POST-CARE

- A certain degree of discomfort, redness, and/or irritation during and after treatment is expected. If any discomfort or irritation persists for more than 24 hours, please notify the treatment facility.
- DO NOT touch the treated area with your hands or apply anything to the treated area except your post care products for the first eight (8) hours after treatment.
- Tiny scabs (of less than 1mm in diameter) may form 24-72 hours post treatment and may remain for 3-12 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.
- It is important to keep your skin moisturized after treatment to ensure comfort and healing, and to prevent the skin from becoming dry. Moist skin heals quicker!
- If you received Platelet Rich Plasma at a topical infusion, you may be given a "Me Serum" which has any remaining PRP from the treatment prepared as your post procedure product to be used within the first 8 hours after treatment. Keep your "Me Serum" refrigerated while using and dispose of any remaining "Me Serum" after 8 hours.
- You may have mild swelling for 1-3 days after your treatment. Patients may apply an icepack (NOT direct ice) to the irritated area for 1-2 days in approximately 15-minute sessions 3-4 times per day.
- Redness for 1-7 days is common. After an 8-hours post procedure, the patient may apply a hydrocortisone cream 3-4 times per day to reduce redness.
- If you experience an itchy sensation, you may have a slight histamine response, this is normal and can apply a topical Benadryl cream 8 hours after treatment and until itchiness subsides.
- Makeup can be applied 8 hours after treatment.
- Avoid prolonged sun exposure or use of tanning bed for at least two weeks after the treatment, as the skin that was treated will be more sensitive to the sun after you sublimative treatment.
- Use a minimum of SPF 30 daily to protect your skin after your treatment.
- Should you develop a histamine reaction, you may take over the counter antihistamines or apply topical Benadryl to the affected area.

It is the responsibility of each guest to fully review the Pre-Care and Post Care guidelines. If a scheduled service requires modification/cancellation because you do not meet the aforementioned criteria, you are responsible for notifying the medical spa no less than 24 hours in advance to avoid a late cancellation fee of \$75.00. If you are unable to contact an Ageless Aesthetics MediSpa representative within normal business hours, please leave a detailed voicemail. The voicemail system date-stamps/timestamps all voicemails with Mountain Standard Time (MST) zone times. Cancellations and modifications must be made within the MST zone to avoid no-show/late cancellation fees. If you have ANY questions or concerns, please call our office during business hours at 505.473.SKIN (7546).