

## **Pre and Post Care with RF Microneedling**

### **Pre-Treatment**

- 3-4 days prior to treatment, do not use topicals containing Retin-A, Glycolic or Salicylic acid, as this can irritate the skin.
- Morning of treatment - **DO NOT apply any make up.** Skin must be clean.
- Refrain from alcohol, Advil, Aleve, aspirin for 48 hours prior to treatment as they can increase the risk of bruising and bleeding
- Application of numbing cream will be applied, 45 to 60 minutes before treatment.

### **Post-Treatment**

- Application of skin regeneration solution (HA serum) will be done at the clinic
- If you have erythema (redness) and heat after treatment, you can apply cold compresses at home
- Use a gentle cleanser, moisturizer and sunscreen of SPF 40+ daily to prevent hyperpigmentation. Wear sunscreen every day year round!
- Avoid intense exercise for 1 week post treatment as this will increase redness and inflammation of the skin potentially delaying the healing process.
- Avoid exfoliation, and products with active ingredients for 1 week after treatment.
- If treatment being done for Active Acne, inflammation and welling can block the pores and temporarily make Acne worse for up to 7 days