

## **Pre and Post Care with Thermal Radiofrequency**

### **Pre-Treatment**

- 3 days prior to treatment, do not use topicals containing Retin-A, Glycolic or Salicylic acid, as this can irritate the skin
- Please avoid alcohol, aspirin, Advil and Aleve for 48 hours prior to your treatment to reduce any bruising
- On the day of your treatment cleanse face with gentle cleanser and refrain from applying any make up
- Application of numbing cream will be applied, 45 to 60 minutes before treatment.

### **Post-Treatment**

RF treatments are typically very well tolerated with little to no discomfort and no downtime as the surface of the skin is not damaged. You may experience mild swelling and redness of the skin after the treatment and this will resolve within 24-48 hours. Skin tightening may be noticeable immediately post procedure however optimal results from collagen rebuilding can take 3-6 months to become apparent.

- Sunscreen of 40+ SPF is to be used daily year-round to minimize irritation and prevent hyperpigmentation
- Use a gentle cleanser and moisturizer daily however avoid exfoliation and product with any active ingredients (ie. Retinol) for at least one week post treatment
- Mineral make-up can also be applied post treatment
- Avoid vigorous physical activity for 24 hours post treatment