

Post Treatment Instructions

Radiofrequency and Microneedling Treatments

The first 24-48 hours:

- The micro holes close within 2-4 hours of the treatment, so it is safe to use sunscreen following that period
- It is normal for your skin to feel warm or even hot in the first 24 hours. To alleviate this feeling you may use a cool compress
- Keep skin clean. Use a mild gentle cleanser and do not vigorously scrub the treatment area or use any type of cleansing device.
- Keep your skin well hydrated. Apply moisturizer whenever your skin feels rough or dry
- The day *after* the treatment, you may:
 - cleanse with gentle cleanser
 - apply moisturizer
 - apply sunscreen
 - wear makeup

Things to avoid:

- Avoid applying irritating products and stressing your skin for 2-3 days post treatment (ie: retinol, alcohol, acid products, facial scrubs, etc.)
- Avoid extreme heat to your skin (ie: hot tubs, saunas, hot yoga, etc.)
- Avoid applying ice directly to skin after treatment. You may use a cool compress or biocellular mask for comfort
- Avoid exercise for 48 hours
- Avoid sun exposure
- If pustules are present after treatment, do not pick as this could compromise the results

Redness, swelling, pin point bleeding, bruising, hyperpigmentation and mild burning may occur after the treatment. Skin may also develop a mild rash and may feel rough for a few days following treatment; these are all normal reactions.

Individual instructions:

- _____
- _____
- _____

Warning: There may be some degree of swelling post treatment. However, if you have excessive swelling or signs of infection such as drainage that looks like pus, increased warmth at or around the treated area, or fever of 101.5 or greater, you should contact the office immediately at (616) 888-3100.