



# Vivace RF Microneedling

## Pre & Post Care Instructions

Vivace RF is a minimally invasive microneedling treatment that uses radiofrequency energy to stimulate collagen, tighten skin, and improve texture. Following the proper pre and post-care instructions will ensure the best results and minimize side effects.

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## Pre-Care

To prepare for your Vivace RF treatment:

- **Avoid Sun Exposure & Tanning** (including tanning beds and self-tanners) for at least 1–2 weeks prior to treatment.
  - **Discontinue Retinoids & Exfoliants** (Retin-A, tretinoin, glycolic/salicylic acids, benzoyl peroxide, hydroquinone, etc.) for 3–5 days prior.
  - **Stop Blood Thinners & Anti-Inflammatories** such as aspirin, ibuprofen, and fish oil 3–5 days before, if approved by your physician.
  - **Avoid Alcohol** for 24 hours before treatment.
  - **No Active Infections, Cold Sores, or Skin Irritations** in the treatment area.
  - **Notify Your Provider** if you have a history of cold sores/HSV; preventative medication may be recommended.
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## Post-Care

After your treatment, mild redness, warmth, and pinpoint marks may occur. These typically resolve within 24–72 hours.

**Immediately After Treatment (first 24 hours):**

- Do not apply makeup or skincare products (unless provided by your provider).
- Avoid touching, rubbing, or picking at the treated skin.
- Avoid strenuous exercise, heat exposure (hot tubs, saunas), and direct sun.

#### **First 3–5 Days:**

- Use only a gentle cleanser and hydrating products recommended by your provider.
- Keep skin moisturized and avoid exfoliating agents or scrubs.
- Apply a broad-spectrum SPF 30+ daily; sun protection is critical.
- Avoid retinoids, AHAs/BHAs, and strong active ingredients until your provider clears you.

#### **Healing & Results:**

- Redness typically resolves in 1–3 days; minor dryness or flaking may occur.
- Collagen stimulation continues for weeks to months, with optimal results after a series of treatments.