

RF Microneedling Pre-Instructions

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3-7 DAYS PRIOR TO YOUR TREATMENT:

- Avoid any irritants to your skin, including products containing Retin-A, Retinol, Benzoyl Peroxide, Glycolic/Salicylic Acids, Astringents, and Vitamin C.
- If possible, avoid anti-inflammatory/blood-thinning medications. Medications and supplements such as Aspirin, Vitamin E, Ginkgo Biloba, Ginseng, St. John's Wort, Omega 3/Fish Oil supplements, Ibuprofen, Motrin, Advil, Naproxen (Aleve), and other NSAIDS have a blood-thinning effect.
- If you have medical concerns or questions regarding stopping any of these medications or supplements, please consult with your prescribing physician.
- Avoid direct sun exposure. Always wear sunscreen!
- Do not wax or use depilatory creams on treatment areas.
- Avoid any sunless tanning creams or sprays on treatment areas.
- **MAXIMIZE RESULTS:** Drink plenty of water and prep the skin with the utilization of TNS Ceramide daily and/or HA5. This will allow the skin to gain maximum hydration allowing for optimal depth of the Genius device.

RF MICRONEEDLING MAY BE CONTRAINDICATED IF YOU HAVE ANY OF THE FOLLOWING CONDITIONS:

- Immunosuppressive diseases (such as AIDS or HIV)
- Skin allergy to local anesthetics, gold, and antibiotic medication
- Current skin cancers
- Vascular disease, history of bleeding disorders
- History of skin disorders, keloid scarring or abnormal wound healing
- Pregnant or breastfeeding
- Implanted pacemakers and cardiac defibrillators that are active
- Metal Implants in treatment area

RF MICRONEEDLING *EXPECTATIONS* POST INSTRUCTIONS

- 1-day Post-Treatment: Redness and transient edema
- 1-week Post-Treatment: Brighter skin tone and a significant reduction in sebum secretion in oily skin types.

- 1-month Post-Treatment: Improvement of fine wrinkles and skin laxity.
- 1-3 months Post-Treatment: Continuous improvement of fine wrinkles, pores size, scars, and skin laxity.
- Common expected skin reactions include erythema (redness), edema (swelling), transient pin-point bleeding, and very slight discomfort after treatment. Pin-point bleeding should stop within minutes after application, discomfort within a few hours, and erythema and edema gradually diminish to normal in 1 to 3 days.
- Crusting begins to appear 1 – 2 days after treatment and sloughs off in 3 – 5 days.
- Other less common skin reactions include petechia, which fades in a few days, or bruising (purpura), which can take up to a week to disappear.
- Other skin reactions include irritation, itching, and burning sensation. These typically subside in a few hours to 1 day but may get aggravated with heat or sweating. If these reactions continue, consider evaluating for possible infection, changing your skin care regimen, and/or short- term use of mild topical steroids.