

Evolve Treatment Regimen

The effectiveness of radiofrequency microneedling is highly dependent on patient cooperation. There are many things a patient can do to increase the safety of effectiveness of their treatment, as follows:

Before treatment:

- Patient must avoid skin irritation or intentional skin tanning. Sun-screen is advisable when outdoors during daylight hours.
- The patient should discontinue any irritant topical agents for 2-3 days prior to treatment.
- The patient should arrive for treatment with clean, shaven skin. There should be no lotion, make-up, perfume, powder or bath/shower oil present on the skin in the area to be treated.
- Hair-bearing areas to be treated should be shaven prior to treatment day.
- A topical anesthetic should be used only as directed by a physician and only if necessary.
- Areas of dental crowns, caps, braces, or other metal dental implants may be more sensitive to treatment and the clinician may use dental rolls, gauze or a tongue depressor to isolate the area and make the treatment more comfortable.

In order to maximize safety of your treatment, you will be asked to sign a consent form indicating that all of the pre-treatment recommendations have been followed and post-treatment recommendations have been reviewed. You will also be asked to confirm that you have no contraindications to treatment (listed below).

After treatment:

- Avoid very hot water for 2 days after the treatment & cooling the treated area
- Avoid scrubbing, pinching and etc. of the treated area.
- Moisturizer and makeup may be applied to the skin surface immediately post treatment.
- After each treatment session, contact the office if there is any indication of infection, excessive swelling, redness, pain, or any other unusual or untoward symptom.

The following **contraindications** should be discussed with your provider if any apply:

- Pregnancy or nursing
- Under 18 years of age
- Pacemaker or internal defibrillator
- Permanent implant in the treated area such as metal plates and screws, silicone implants or an injected chemical substance
- Current or history of cancer, especially skin cancer, or pre-malignant moles
- Impaired immune system due to immunosuppressive diseases such as AIDS and HIV, or use of immunosuppressive medications
- Severe concurrent conditions such as cardiac disorders, epilepsy, uncontrolled hypertension, and liver or kidney diseases
- A history of diseases stimulated by heat, such as recurrent Herpes Simplex in the treatment area
- Any active condition in the treatment area, such as sores, psoriasis, eczema and rash as well as excessively/freshly tanned skin
- History of skin disorders such as keloid scarring, abnormal wound healing, as well as very dry and fragile skin
- Any medical condition that might impair skin healing
- Poorly controlled endocrine disorders, such as diabetes or thyroid dysfunction
- Any surgical, invasive, ablative procedure in the treatment area in the last 3 months or before complete healing
- Active malignant lesions or lesions of concern.

Please also discuss the following with your provider:

- Existing or recent illness
- Recent hospitalization/surgery
- Medications

Please don't hesitate to call our office at (203) 303-7170 if you have any questions or concerns.