



Radiofrequency Microneedling Post-Care

WHAT TO EXPECT:

- Immediately after treatment, swelling and a feeling of warmth is common and expected
- Do not expose the treated area to excessive heat post treatment. This includes hot showers, saunas, hot yoga, or extreme workouts where any sweating occurs for 48 hours.
- Limit manual labor (specifically that which includes exposure to chemicals, bacteria and livestock for 48 hours).
- Over-the-counter antihistamines (Zyrtec, Allegra, Benadryl) can be taken to help with swelling. To avoid further swelling, you may sleep on an extra pillow tonight. Please change your pillowcase for a fresh one. The first morning post-treatment is when swelling is more prevalent, especially under the eyes.
- It is common for micro-scabs to form at the treatment site. These are a part of the healing process. DO NOT pick these off, they will disappear on their own.

After Care:

- Itching may be experienced during the healing phase and is completely normal. Oral Benadryl may help itching but can cause drowsiness. DO NOT SCRATCH the treated area as scarring and pigmentation complications can occur.
- No exfoliants post treatments which include: AHA (Glycolic, Lactic Acid)/ BHA (Salicylic) and Retinols/Retinoids 7 days post treatment. No washcloths, loofas, skin care devices, gua sha to area.
- No antioxidants (Vitamin C, Ascorbic Acid, Ferulic Acid) for 7 days post treatment
- No make up on treatment area for 24 hours

SKIN CARE:

- Cleanse the skin two times a day with plain, lukewarm water and a gentle cleanser for at least 5 days (e.g. SkinBetter Cleansing Gel) beginning the morning after the treatment. Use your hands to gently apply the cleanser and water and finish by patting dry with a soft cloth. Do NOT scrub with a washcloth, rub, exfoliate or use a skincare brush (e.g. Clarisonic) in the treated area. Do not shave or pluck your face until it is healed, but you may use a trimmer.
- Moisturizer should be applied generously over the treated area and reapplied whenever your skin feels dry. For severe dryness, add CeraVe, Vanicream or EltaMD on top of your moisturizer or mix it in with it. You may also experience an acne-like breakout as your skin is healing.

- Sunscreen is a MUST and should be used daily beginning the day after treatment and used vigilantly for up to 3 months post procedure. Use recommended sunscreen with broadband protection (UVA and UVB) and a sun protection factor (SPF) of 30 or greater. Apply sunscreen 20 minutes before sun exposure. Reapply sunscreen every 2 hours. If direct sun exposure is necessary, wear a hat and clothing that covers the treated area. If the treated area is exposed to sun (direct or indirect) blistering, scarring, hyperpigmentation or hypopigmentation can/will occur. Sun exposure should be avoided for at least 1 month post treatment.
- Sleep on a clean pillowcase tonight, use clean hands to wash your face. You may wear makeup the next day.
- Limit chlorine exposure for at least one week post treatment. Avoid hot temperature extremes and heavy exercise after treatment.

FOLLOW UP:

- We recommend waiting 2 weeks after your procedure to have any further facial cosmetic procedures including Botox, dermal fillers, laser, etc.
- We recommend making a follow up appointment in 4 weeks or scheduling your next RF treatment in 4 weeks. The best results come from at least 3 initial treatments 4 weeks apart, followed by additional treatments if necessary followed by regular maintenance. Typically we recommend starting with one treatment per decade of life as an initial package.

DEEP RF:

- Apply Post Treatment Firming Lotion for comfort and best results. Continue to apply 2-3 times daily until gone or until the next treatment.

EXACT RF:

- Apply the second set of eye masks at home 24 hours post procedure for at least 20 minutes. Do not use any non-injectable grade serum/ointment/lotion on irritated/inflamed areas.
- Apply Post Treatment Hydrogel Complex Lotion for comfort and best results. Continue to apply 2-3 times daily until gone or until the next treatment.
- Rarely, nodules can present post procedure, if this is the case your provider will discuss in detail with you if this occurs. Post treatment continues warm compress 5x times daily for 20 minutes for the next 48 hours. Gently massage the area 5 times daily in outward motion starting from nose to ear.

For questions during our business hours of 8 am - 5 pm, please call:

Medical Assistant: 406.587.4432 ext. 5
