



Radiofrequency Microneedling Pre-Care

EXACT RF | DEEP RF | SMART RF:

- Avoid sun exposure for at least 2 weeks prior to radiofrequency microneedling treatment. You must avoid sun exposure for at least 2 weeks post treatment as well.
- If you have taken Accutane, you must be off for 3-4 months
- If you have a special event or vacation coming up, please keep in mind that you should schedule your treatment at least 1 week in advance.
- If you have a history of cold sores, we recommend you are pretreated with valacyclovir prior to treatment. Please let us know if you need a prescription called into your pharmacy.
- We do not perform RF microneedling treatments on patients who are pregnant or breastfeeding
- Please let us know if you have a history of melasma or post-inflammatory hyperpigmentation.
- If you develop a cold/flu, cold sore, or rash, etc. in the area to be treated prior to your appointment, please reschedule your appointment until it resolves.
- Please discontinue products containing retinoids (Retin-A, Differin, Tretinoin, Alpharet, etc.), AHAs, BHAs or irritating skin products 1 week prior to treatments to avoid increased redness and irritation.
- We recommend waiting at least 2 weeks before and after your laser to have any other cosmetic facial treatments, including Botox, laser, ultrasound, peel, facials, microdermabrasion, etc.
- Please come to your appointment with NO makeup on AND your hair pulled back with a headband. Do NOT wear mascara please.
- If you do not already have a gentle cleanser, moisturizer, and SPF, please purchase these from the store. We recommend gentle products for healing like CeraVe or Vanicream.
- Please wash your hair within 24 hours prior to treatment.
- Please refrain from taking blood thinners 7 days prior to treatment unless they are prescribed by your physician

EXACT RF ONLY:

- All patients must pre-treat with a melanin inhibitor which is included in the treatment price. Start topical 2 weeks prior to treatment and use twice daily to treatment areas. Continue treatment for 4 weeks post procedure.
- Please remove all jewelry prior to the procedure.
- **CONTRAINDICATIONS:**
 - Pregnant/nursing
 - Active implants (pacemaker/internal defibrillator)
 - Metal in the treatment area
 - Active infection in the treatment area
 - Skin cancer/pre-cancerous lesions or unknown lesions in the treatment area
 - Active cold sores
 - Open wound or abnormal skin condition in the treatment area
 - Tattoo/permanent make-up in the treatment area
 - History of keloids
 - Compromised immune system
 - Sensitivity to heat

Arrive at the clinic one hour prior to treatment for numbing.
