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MICRONEEDLING + RADIOFREQUENCY

PRE-TREATMENT PATIENT INSTRUCTIONS

- Patients with a known history of acne breakouts or HSV (cold sore) lesions will be given prophylactic medication.
- On the day of treatment, patients should thoroughly wash their face and not apply any make-up, lotions, sunscreen or any other cosmetic products to the skin.

POST-TREATMENT PATIENT INSTRUCTIONS

- Post-treatment icing, Alastin nectar, and light hypoallergenic moisturizers (i.e., vanicream) are recommended.
- Broad spectrum physical blocking UVA/UVB SPF 30+ sunblock (i.e., ISDIN Eryofotona) is recommended and reapply often. Until the skin returns to normal, strict sun avoidance is recommended. Use an umbrella, hat or other available sun protective gear, as UV from the sun, even on a cloudy day, may cause hyperpigmentation of the treated area. Avoid direct sun exposure for at least 2 weeks.
- Do not apply active ingredients (Vit C, acids, retinols/oids, toners) or makeup for 48 hours.
- Mild crusting, redness, and edema (swelling) might be noted 1 – 5 days following your treatment. Crusts will disappear naturally in several days. Do not pick at the crusts. Soaking skin in the shower for 10-15 minutes and very gently using a soft washcloth can help with sloughing.
- You should avoid vigorous activity and excess heat for at least one week.
- Most patients achieve best results with two to four treatments spaced 4-6 weeks apart.

EXPECTED SKIN REACTIONS

- 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 within 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 fade in a few days or bruising (purpura) which can take up to a week to disappear. Acne flares can also occur, and while not dangerous, may be annoying. Medications can be used to treat an acne breakout, so please call if this is occurring.
- Other skin reactions include irritation, itching, and burning sensation. These typically subside in a few hours to 1 day but may get aggravated by heat or sweating. Very rarely, superficial infections can occur. If you are experiencing extreme pain, drainage, pustules, or redness, please call the office.

Should you have any questions concerning any aspect of your procedure, please call the office at: (203) 635-0770