



RADIOFREQUENCY MICRONEEDLING PRE & POST CARE INSTRUCTIONS

We look forward to seeing you for your appointment. Below are the pre- and post-care instructions for your treatment:

PRE-CARE INSTRUCTIONS:

Please do not:

- Have this treatment if you are pregnant or breastfeeding
- Use oral steroids 1-2 weeks prior to treatment
- Apply self-tanner to the treatment areas within 2 weeks of the appointment
- Apply products that are potentially irritating for 2-5 days before treatment unless directed by your provider (examples- tretinoin/Retin-A, alpha and beta hydroxy acids, benzoyl peroxide, hydroquinone)

Please do:

- Inform your provider if you have any questions prior to the treatment.
- Inform your provider if you have had any medical updates including new medications, allergies, surgeries or medical events.
- Pick up prescribed numbing cream at glo MD or your pharmacy prior to the day of your appointment or arrive 60 minutes prior to your appointment time and we will supply you with numbing cream to apply in our office.
- Inform your provider if you have a history of cold sores to receive advice on antiviral therapy prior to treatment.
- Inform your provider if you have any of the following medical conditions:
 - History of keloid scarring
 - History of psoriasis or a connective tissue disorder
 - Immunosuppressive conditions such as AIDS, HIV or the use of immunosuppressive medications, radiation therapy or chemotherapy
 - Current skin cancer or any other type of cancer
 - Vascular disease, history of bleeding disorder or the daily use of anticoagulants, aspirin, NSAIDs iron supplements, or supplements such as ginkgo, ginseng, garlic or fish oil
 - Open wounds or active skin conditions such as cold sores, eczema, psoriasis, dermatitis or warts in the treatment area
 - Allergies to metals



- Inform your practitioner if you have taken Accutane/isotretinoin (oral acne medication) in the past year.
- Inform your provider if you have any tattoos or permanent makeup in the treatment area.
- Avoid cosmetic procedures such as microneedling, microdermabrasion, chemical peels and laser procedures in the treatment area for at least two weeks pre- and post-treatment.
- Schedule appointments prior to special events with your provider so that you achieve the best results and are not in a recovery phase during your event.
- Avoid sun exposure prior to treatment. Use SPF 30+ daily.
- Store cool packs in your freezer for use after you get home.

Day of Treatment:

- Cleanse skin and apply a generous layer of the prescribed numbing cream to all treatment areas one hour prior to your scheduled appointment. Wash your hands after application. [Click here for detailed instructions on numbing cream application.](#)
- If you do not have numbing cream, please arrive at least 60 minutes prior to your appointment time and we will supply you with numbing cream to apply in our office.
- Arrive a few minutes before your scheduled appointment time to complete the check-in process, update or fill out any necessary paperwork and take progress photos.

POST CARE INSTRUCTIONS:

Managing Discomfort:

- Mild tenderness may occur following treatment. You may take Acetaminophen/Tylenol if you experience this.
- The treated area may be warm for 1-2 hours after the treatment. Warmth may continue for 12-24 hours after the treatment. Cool compresses may provide comfort during this time.
- Redness is normal and expected. Redness can persist for up to three days depending on the intensity of treatment.
- Swelling can occur and is typically expected immediately after treatment. Use of a cold compress will help to relieve the swelling. To avoid further swelling, you may choose to sleep in an upright position the first 1-3 nights after the treatment. The first morning post treatment is when swelling is most prevalent, especially under the eyes. Swelling may last up to three days.
- Mild crusting that looks like tiny dots may be noted 1-5 days following treatment. Crusts will disappear naturally in several days. Strictly avoid picking at the skin. You may soften skin in the shower for 10-15 minutes and rub very gently with a clean washcloth to help with sloughing.
- If the skin is broken or a blister appears, apply a petroleum-based ointment and contact the office promptly. Keep the affected area moist and avoid direct sunlight. Do not pick at these areas, as this may result in infection or scarring.

- There may be some degree of swelling immediately post-treatment, however it is recommended that you contact your provider if you experience excessive swelling or any of the following signs of infection, including:
 - Drainage
 - Fever
 - Extreme itching
- Other less common skin reactions include petechia (pinpoint purple, red or brown dots) which fade in a few days or bruising which can take up to a week to disappear.

Skin Care/Makeup Application:

- The day after treatment, use a gentle cleanser, fragrance-free emollient moisturizer and SPF 30+. Use your hands and gentle patting motions. DO NOT rub, scrub, use an exfoliant or skin care brush such as a Clarisonic on the treated area. If you have Plated Intense, Daily or Calming Serum, you may apply this before your moisturizer and SPF. DO NOT apply any other products that were not instructed by your provider – e.g. essential oils, coconut oil, fragranced lotions, etc.
- Continue this simple regimen until skin sensitivity has subsided (approximately 2-5 days), then start gradually adding back your regular skin care products.
- Make-up can be worn 24 hours after your treatment.
- Until skin sensitivity has completely subsided (about one week), avoid the following:
 - Use of scented lotions or soaps, deodorants, exfoliant creams (Retin-A, glycolic/salicylic and alpha-hydroxy acids), acne creams or gels, loofa sponges and aggressive scrubbing
 - Shaving in the treatment area
 - Swimming pools and spas with multiple chemicals/chlorine

Exercise:

- Avoid strenuous exercise and sweating for at least 48 hours, use gentle patting to wipe sweat off of treated skin.

Sun/Light/Heat Exposure:

- Avoid heat (saunas/hot tubs) and sun exposure for 3 days post treatment.
- Resume sun protection and SPF 30+ application the day after the treatment.

Follow Up:

- If this procedure is part of a treatment series, schedule your next appointment 4-6 weeks out.
- Best results are typically achieved with 2-4 treatments.
- Results are gradual and can take from 1 week to 3 months to see full benefits.
- Please contact us if you have any questions or concerns. Text is the best method of contact if you have after-hours questions.



Thank you,

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