

### RF-Microneedling Pre-Treatment Instructions:

2 weeks before treatment:

- Discontinue blood thinners: high-dose ibuprofen, high dose vitamin E, fish oil and St. John's Wort.
- Please tell us if you still take daily low dose aspirin (81 mg/day).
- **DO NOT STOP PRESCRIPTION BLOOD THINNERS, such as Coumadin or Eliquis.** *The risks associated with this treatment outweigh the benefits for those needing anticoagulation therapy.*
- Some people may be advised to start hydroquinone.

1 week before treatment:

- Stop using topical retinoids, glycolic acid, salicylic acid products

3 days before treatment

- Stop hydroquinone.

Day of treatment:

- Put clean pillowcases on your pillows.
- Eat a light meal or snack 1 hour prior to your appointment.
- Remove ALL make-up and sunscreen. Final pass with make-up wipe should appear clean after wiping.
- We will have a Clean Face Prep for you in our powder room when you arrive.

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### RF-Microneedling Post-Treatment Care Instructions:

Expect: \* Redness and light swelling, which may last up to 7 days. \* Pinpoint scabs/crusting 1-7 days. \* Dryness, rough texture 3-7 days. **Allow any micro-scab formation to shed naturally - DO NOT PICK OR EXFOLIATE!**

**Immediately after treatment:** Keep post-treatment repair cream on the treatment area for 4 hours.

Apply hypo-allergenic moisturizer as needed every 2-4 hours.

AVOID unnecessarily touching treatment area.. Wash hands frequently. Micro-channels begin to close within 1 hour of the procedure, but do not fully close for 24 hours.

DO NOT shave for 24 hours, and judicious shaving for the first 3 days. Use a clean, fresh razor with every shave until healing is complete.

**After 24 hours:** Use PHYSICAL BLOCK ONLY sunscreen with 30 SPF or higher beginning the day after treatment. Minimize sun exposure until treatment area is well healed. "Clean make-up" is acceptable during 24-72 post-treatment window. Clean makeup is untouched makeup that come from a pump or tube.

**After 3 days:** Resume normal physical activity if skin is healed. Routine make-up is OK.

**After one week:** Resume routine skin care. Avoid exfoliants (i.e., retinol products, salicylic acids) and abrasive cleansers (i.e. scrubs, loofahs) until skin is completely healed.

**Call if symptoms of infection develop: persistent redness, oozing, blisters, pain, fever.**