

Before your RADIOFREQUENCY MICRONEEDLING treatment:

RF Microneedling (We utilize PiXel8) is usually suggested by your provider to stimulate the body's own collagen production to tighten and improve your skin's overall appearance. It can reduce the appearance of fine lines and wrinkles, skin laxity, pore size and scarring. Please inform us of any medical history including scleroderma, collagen vascular disease, cardiac or vascular abnormalities, immunosuppression. Pregnancy and breastfeeding are contraindicated.

Patients that have active acne, rosacea and other inflammatory conditions, open wound, cold sores, or have been on Accutane in the last 6 months should postpone their treatment until resolved.

Usually patients receive a series of 3 treatments spaced 4 weeks apart.

If using tretinoin/Renova/Retin-A stop 4 days prior. Wait 2 weeks after Botulism toxin and 4 weeks after Filler to get your RF Microneedling treatment.

If you have a history of cold sores, take antivirals as directed by your prescriber. If desired, purchase Arnica pills from Whole Foods or other natural food store prior to treatment and take as directed on package before and after to help swelling.

AFTER your RF MICRONEEDLING treatment:

Immediately after the treatment, you will notice a bright redness. This can last 2-4 days. After 12-hours post procedure you can apply over the counter hydrocortisone cream 3x a day to reduce redness. Tiny scabs usually form 24-72 hours after treatment and may remain for several days, do not try to remove them - they will shed naturally. Mild swelling for up to 3 days can occur, you may apply a protected icepack to the area for 1-2 days for ~15 minute sessions 3-4x a day. Use a clean pillowcase the night after treatment, and wash after use. Clean any items contacting your skin (cell phones, glasses), as you have open wounds and are more susceptible to infection.

Use our preferred product, Revision Hydrating Serum, as directed to keep the skin hydrated and protected. Use gentle products like Cerave and Cetaphil and EltaMD. Reapply sunscreen every 2 hours if outdoors. Do not use any oils or thick creams.

Avoid strenuous exercise for 12 hours and manipulation (facials etc) excessive heat and sun exposure for the first 72 hours.

If you started Arnica pills, continue as directed on the package.
If taking anti-viral continue for 7 days or as directed by a physician.

You can return to normal skin care after 4 days (including retinA); you can apply makeup 24 hours after treatment.

If you have any questions or concerns, please contact our office.