



### **Recommended Pre & Post Procedure Guidelines RF (Radio Frequency) Micro-needling**

*In order to minimize the risk of possible side effects and maximize optimal results please follow these simple steps:*

#### **Pre-Treatment**

- Avoid excessive sun exposure prior to treatment. Skin cannot be sunburned or excessively tanned prior to treatment.
  - Avoid self-tanners (spray tans, tanning lotions & tanning beds) 4 weeks prior to treatment.
  - Schedule your appointment at least 2 weeks prior to a special event. Bruising and swelling may be apparent in that time period.
  - Dermal Fillers should be performed at least 3-4 months prior to Microneedling. To prevent migration of Neuromodulators, like Botox, avoid Neuromodulator treatments for two weeks prior to Microneedling.
  - Discontinue use of topical products containing Retin A, Benzoyl Peroxide, Glycolic/Salicylic Acid, Exfoliators or Bleaching agents 2-3 days prior to each treatment.
  - Refraining from alcohol at least 2 days prior to treatments may decrease the risk of bruising.
  - Avoiding certain blood thinning medications at least 3 days prior may decrease the risk of bruising and swelling. Medications include: Aspirin, Vitamin E, Ginkgo Biloba, Ginseng, Garlic, Omega 3/Fish Oil supplements, Ibuprofen, Motrin, Advil, Aleve and other NSAIDS. (please speak to your physician before stopping any regimen).
  - Let the provider know if you have a history of cold sores. Antiviral medication may be prescribed.
  - You may NOT be pregnant or breastfeeding to have this treatment done.
  - You may NOT have an active rash in the area being treated, must be 6 months after the last dose of Accutane.
- \_\_\_\_\_ (initial) Our office requires 7 days notice to prescribe medication to your preferred pharmacy.

If you are prescribed medication for pain, we require that you secure a driver to take you to and from your appointment. Please have your driver check in with the front desk upon arrival to obtain appropriate contact information.

#### **Post-Treatment**

- You may experience mild to moderate swelling, redness or bruising which can last for 1-3 days. Please contact the office if swelling appears to be getting worse, rather than getting better.
- Tiny scabs may form 24-72 hours post treatment and may remain for several days. The scabs should not be touched or scratched and should be allowed to shed naturally.
- Wash your face twice daily with Dr. Plateroti's Gentle Hydrating Cleanser using tepid water.
- Apply a light hydrating and calming product (like Alastin Regenerating Skin Nectar alongside Dr. Plateroti's Ultra Rejuvenating Serum) as needed to keep your skin hydrated. After skin is healed, discontinue Regenerating Skin Nectar and return to regular skin care routine.
- You may notice a rough texture to the skin 3-5 days after treatment. This is normal and skin will eventually slough off and reveal a healthy layer of new skin within a few days. Please do not scrub or pick at skin.
- Makeup may be used over SPF in 48 hours if the heat is gone and if the skin is not broken.
- Avoid strenuous exercise, hot tubs, saunas, hot baths and hot showers for 48 hours.
- Avoid irritating skin care, exfoliants and Retin A products until skin has completely healed (7-10 days).
- Try to sleep face up and slightly elevated to reduce swelling the first 24-72 hours after treatment.
- Use Tylenol or NSAIDS like Ibuprofen for discomfort and to reduce swelling. If itching occurs, Benadryl or other antihistamines may be taken to reduce itching.