



RF Microneedling Pre-Treatment Instructions

- This treatment cannot be done when pregnant, or if you have an electronic implant (Insulin pump, pacemaker, LVAD, etc)
- Inform us of any medical conditions such as pregnancy, cold sore and fever blister tendencies, any type of allergy, recent facial peels or surgery, and all current medications (including both prescriptions and over-the-counter products) such as Accutane, tetracycline, hormone replacement therapy, or use of Retin-A.
- This treatment may activate any cold sores or fever blisters.
- The patient must quit taking Accutane for 6 months prior to having an RF micro-needling treatment.
- Do not use self-tanning lotions or tanning booths two weeks prior to your RF treatment. Do not sunbathe two weeks prior to your appointment.
- Do not use any irritating skin care products such as Retin-A for one week prior to treatment.
- Avoid taking NSAIDs such as Advil, Motrin, Aleve, aspirin for 1 week prior to scheduled procedure.
- Areas of dental crowns, caps, braces, or other metal dental implants may be more sensitive to the treatment and the clinician may use gauze or a tongue depressor to isolate the area to make the treatment more comfortable.



RF Microneedle Post-Treatment Instructions

- A certain degree of discomfort, redness, and/or irritation during and after treatment is expected.
- Tiny scabs (of less than 1 mm in diameter) may form 24-72 hours post treatment and may remain for several days. The scabs should not be touched or scratched (even if they itch) and should be allowed to shed naturally.
- During the first two (2) days following treatment, care should be taken to prevent trauma to the treated site: avoid hot baths, massage, irritating skin care products or exfoliants, etc. The skin should be kept clean to avoid contamination or infection; any mechanical or thermal damage to the area must be avoided.
- It is important to keep your skin moisturized after the treatment
- You may have mild swelling for 1-3 days after your treatment. Patients may apply an icepack (NOT direct ice) to the irritated area for 1-2 days in approximately 15- minute sessions 3-4 times per day.
- Redness for 1-3 days is common.
- Makeup can be applied 12 hours after treatment.
- Avoid prolonged sun exposure or use of tanning bed for at least two weeks after the treatment, as the skin that was treated will be more sensitive to the sun after your Sublative treatment.
- Use a minimum of SPF 30 daily to protect your skin after your treatment.

Please call the office with any questions or concerns if it is after business hours our service with put you in touch with your doctor. Please call 562.256.9929.