

## Pre and Post Care Instructions

# RF MICRONEDDLING

### PRE-CARE

- Avoid taking Aspirin, Non-steroidal Anti-Inflammatory Drugs (NSAIDS) such as Motrin for 5 days prior to the procedure.
- Vitamin E, Fish Oil, Gingko Biloba, St Johns Wart, Ginseng, and Garlic 7-10 days prior to the procedure. These drugs and herbs may cause excessive bleeding or bruising.
- Arnica Montana (found at any health food store) as directed will also help prevent bruising and swelling and is highly recommended.
- Avoid dental procedures including cleanings 2 weeks before and after injections.
- Avoid direct sun exposure 2- 3 weeks before the treatment.
- The use of suntan lotions and tanning beds should be avoided 2- 3 weeks before your treatment.
- Using antibiotics makes your skin photosensitive, make sure to schedule your appointment 2 weeks after your last antibiotic pill intake.
- Schedule your appointment 2 weeks after your filler or Botox injection and 4 weeks if you've done any chemical peel and any other Laser Resurfacing Procedure.
- Always inform your provider of any skin procedures you have done in the past 6 months.

### POST-CARE

- Minor pain, discomfort, elevated warmth, and skin tightness can occur after the treatment and will subside after 1-2 hours.
- Avoid exercise for the next 72 hours.
- Avoid direct sun and heat. This includes simple day-to-day tasks such as gardening, cooking over a hot stove for a long period of time, sitting next to a fireplace, etc.
- Avoid hot showers, saunas, and steam baths for 72 hours post-treatment.
- Drink PLENTY of water.
- Avoid cosmetics that contain mineral oils or alcohol-based toners for the next 24 hours.
- Skin will feel tight and dry for the first three days post-treatment. Some skin might scab after three days post-treatment.
- Patients are encouraged to follow up within 24 hours if there are signs of infection and to call the office with any problems or concerns post-treatment.
- Avoid manipulation of the treated area, as instructed by the practitioner.
- Redness and swelling may occur following treatment.
- No IPL Treatments, chemical peel, and other skin resurfacing procedures for up to 4-6 weeks post-treatment.