

## RF MICRONEEDLING POST INSTRUCTIONS

### POST PROCEDURE

- cooling is allowed if needed with a towel-wrapped ice
- mild crusting might be noted 1-5 days following treatment. Crusts will disappear naturally in several days. Do not to pick at the crusts. Soaking skin in the shower for 10-15 minutes and rubbing very gently with a washcloth can help with sloughing.
- avoid harsh topical products or alcohol-based toners for two weeks. Otherwise, after 24 hours, patients can resume their normal skin care regimen or as directed by physician.
- avoid vigorous activity, excessive heat, or sun exposure for at least 1 week.
- Patients should avoid sun exposure for the first day and beginning on the second day, apply a broad-spectrum UVA/UVB sunblock with an SPF of 30+ and PA++ according to the product manufacturer's instructions. Until the skin returns to normal, when outdoors always use an umbrella, hat or other available protection against sunlight.
- wait a minimum of 3 weeks for their next treatment and that 4-6 weeks is typical between treatments.
- Most patients achieve best results with 2-4 treatments.

### EXPECTATIONS

- 1-day Post-Treatment: Redness and transient edema, skin begins to turn to a condition like before treatment.
- 1-week Post-Treatment: Brighter skin tone and significant reduction in sebum secretion in oily skin types.
- 1-month Post-Treatment: Improvement of fine wrinkles and skin laxity.
- 1-3 months Post-Treatment: Continuous improvement of fine wrinkles, pores size, scars and skin laxity.
- Common expected skin reactions include erythema (redness), edema (swelling), transient pin-point bleeding, and very slight discomfort after treatment. Pin-point bleeding should stop within minutes after application, discomfort within a few hours and erythema and edema gradually diminishes to normal in 1 to 3 days.
- Crusting begins to appear 1 – 2 days after treatment and sloughs off in 3 – 5 days.
- Other less common skin reactions include petechia which fade in a few days or bruising (purpura) which can take up to a week to disappear.
- Other skin reactions include irritation, itching, and burning sensation. These typically subside in a few hours to 1 day but may get aggravated with heat or sweating. If these reactions continue consider evaluating for possible infection, changing their skin care regimen and/or short-term use of mild topical steroid.