



Pre and Post Treatment Instructions

Non-Invasive Fractional RF and Invasive RF Micro-needling

Prior to Treatment Day

- (This is strictly optional and not a treatment requirement) Pretreatment with topical hydroquinone, Tretinoin and or/glycolic acid preparations for skin types III– V may be helpful in reducing the potential risk of post-laser resurfacing hyperpigmentation. Hold topical agents 3 days prior to treatment.
- Prophylactic oral antiviral agents may be helpful for the prevention of facial herpes simplex Virus 1 (HSV-1) reactivation until full re-epithelialization occurs. It is generally recommended to begin prophylactic antiviral agents 24 hours prior to laser resurfacing and continuing as described by the agent protocol.
- Avoidance of Accutane (Isotretinoin) for 6 months to 1 year depending on previous dosing.
- Recommended skin care system for preconditioning for 4-6 weeks for optimal results (optional).
- Avoidance of IPL/Laser procedures for 3-6 weeks
- No waxing, depilatory creams or electrolysis 5-7 days before the treatment
- No shaving the day of the procedure
- No exposure to the elements that may change the skin tone or texture significantly such as sunburn or excess dryness
- No active cold sores, herpes simplex, or warts in the area treated, open sores, sunburned or excessively sensitive skin within application area. No pregnancy, nursing, dermatitis, inflammatory rosacea. Let your practitioner know if you have any allergies to foods, medicines or topical agents.
- Plan events 5-7 days around treatment schedule for use of cosmetics and optimal outcomes.

Treatment Day

- Clean the skin to remove perfume, cosmetics and sunscreens, lotions or deodorant from the area treated and arrive with clean skin. Baseline photos will be taken and skin needs to be bare and baseline.
- Topical anesthesia is required for most applications of the standard RF-RF/MN modes. Topical anesthesia (example: EMLA or BLT cream) is normally sufficient for most patients 45 minutes to 1 hour prior to procedure. Your practitioner will remove all topical anesthetics just prior to treatment.



Post Treatment

- Expected downtime is 2-5 days, redness, slight swelling, bruising and possibly small bumps or pinpoint bleeding may occur. In order to avoid scab formation, apply moisturizer often if skin feels tight, itchy or dry. You may apply up to 3 layers of moisturizer provided by your practitioner. Do not apply more than 3 layers at a time to avoid bacterial buildup, infection or over occlusion, to allow the skin to breathe and heal properly. You may apply up to 3 layers, clean and repeat as often as you need to keep skin moist and comfortable. When removing old product after 3rd application use a cool, moist, clean wash cloth wrung out well, prior to applying a new layer. Again, up to but not more than 3 layers then remove and repeat.
- A grid pattern may be present up to 7 days post treatment. Do not apply cosmetics, products or anything other than what is instructed by your practitioner for post skin care till the pattern has sloughed off or your practitioner has approved the resumption of your regular skin care regimen, products or cosmetics.
- Peeling may begin 2-4 days post treatment and last up to 10 days. Do not scratch, pick or exfoliate the skin but instead keep well moisturized. Do not let water hit treatment areas directly in the shower for at least 2-3 days and use tepid or cool water only to cleanse the skin. After day 3 or 4 you may use recommended skin care products provided by your practitioner. You may not see a grid pattern nor have peeling or sloughing with the Non-Invasive Fractional RF treatment.
- Downtime after “first” treatment: redness and sunburn feeling for several hours or up 1 day if aggressive treatment has been performed. Pale (conservative) to dark brown (aggressive). Needle pattern on days 1-5 with flaking. Swelling in aggressively treated areas through day 3-5. Full recovery is expected by days 5-7. Down time is decreased with subsequent treatments. Since this is a heat generated treatment, patients with more moisture in their skin may experience more redness and sensation and achieve better results in fewer treatments. Similarly, a patient with dry skin may require more treatments.
- Number of sessions: 5-6 for aggressive and 3-4 for conservative treatments at 4-6week intervals. Results will continue to improve over 6-12 months once treatments are complete.

For optimal results, it is recommended to follow up and repeat treatments 3-5 times, 4-6 weeks apart.

Please call our office if you have any additional questions after the procedure.