



# RF Micro-Needling Treatment

## Treatment Achieves:

- Helps build collagen
- Smooths fine lines and helps fill in pitting or areas lacking structure
- Acne scar revision
- Stimulates growth factors
- Post care includes no aggressive products for 48 hours after treatment and SPF of at least 50 shall be worn when outdoors.

## Pre-Treatment Instructions

- Avoidance of Accutane for the past 6 months
- Avoid retinoids, topical antibiotics, exfoliants, hydroquinone, sunburn, and benzoyl peroxide 3 days prior to procedure.
- Avoidance of IPL/Laser procedures **7 days** prior.
- No waxing, depilatory creams, or electrolysis **5-7 days** prior to the peel.
- No shaving the day of the procedure
- Skin is clean without lotion, oil, makeup, deodorant, power, perfume, or sunscreen

## Post-Treatment Instructions

Do not take any anti-inflammatory medications such as Ibuprofen, Motrin or Advil. Avoid sun tanning and prolonged exposure to direct sunlight. When exposed to sun, always use sun screen **SPF 50** or above. Redness or sensitivity might be present. Peeling may start 3-5 days after peel. Avoid strenuous exercise or sweating for 24 hours due to open pores. Treat skin gently when washing with a gentle cleanser and tepid water. Avoid sun exposure for 3 days and if possible 10 days. May use mineral makeup after 24 hours.