

## **Radiofrequency (RF) Microneedling Pre & Post Instructions**

### **Pre-Treatment**

- Avoid sun exposure & tanning for 24 hours prior to treatment. Sunburned skin will not be treated
- Avoid active ingredients (Retinoids, Topical Prescriptions, Benzoyl Peroxide, Acids such as: Glycolic, Lactic, Salicylic, Mandelic) 3 days prior
- Avoid Botox/neurotoxin 2 weeks prior
- Avoid dermal filler 4 weeks prior
- Come to your appointment makeup free

### **Post Treatment**

- DO NOT PICK!! This may cause hyperpigmentation or scarring
- Keep skin clean. Do not touch with unclean hands, phone, glasses, pillow case for the remainder of the day of your treatment
- Apply clean, cold compress or ice pack if skin feels irritated post treatment
- Avoid Retinoids, Vitamin C, Benzoyl Peroxide, Topical Prescriptions, Exfoliants & Acids of any kind until redness has subsided
- Avoid vigorous exercise, hot tubs, pools, sauna, steam or perspiration for 24-48 hours or until redness has subsided
- Do not apply makeup or products not recommended by Diana for 24 hours
- Avoid direct sunlight for 24 hours post treatment. Starting the day after your treatment Broadband SPF 30 or higher must be applied prior to sun exposure regardless of the time of year or weather. Wear a Broadband SPF, preferably 20% zinc based when going outside. Reapply every 2 hours when out for prolonged periods of time for 2 weeks post treatment.

**If you have any questions or concerns text GLO @ (612) 486-2286**

**If you are experiencing an emergency Outside of business hours:**

**email [dianampost@gmail.com](mailto:dianampost@gmail.com) or text Carrie Lucio (medical director) (651) 373-4587**