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## **RF Microneedling Pre and Post Treatment Instructions**

### PRE TREATMENT

- For best treatment results, increased hydration (water) is required 3 days prior to microneedling.
- Discontinue the use of topical products containing AHAs, Retinol or Vitamin A for 5 days prior to treatment.
- Avoid Aspirin, vitamin E, fish oils, and Ginkgo Biloba for one week prior to treatment.
- If using Accutane, a 6-month waiting period after discontinuation of medication is required.
- Wait at least six months post isotretinoin use before your procedure, as isotretinoin use may impair proper wound healing.
- If you are prone to herpes simplex outbreaks, such as cold sores, consider taking your antiviral prescription medication (Valacyclovir) prior to procedure as a preventative measure.
- If you are prone to keloid scarring please alert your practitioner prior to treatment.
- If your face or treatment area has irritated skin (sunburn, open wounds, sores) the day preceding your appointment, please contact our office immediately.
- This procedure may not be performed on active breakouts or open lesions. Notify our clinic if you have an acne flare 48 hours prior to your microneedling procedure to address any such issues.
- Stop Laser Hair Removal, Electrolysis, Waxing, and Depilatory creams one week prior to treatment.
- No spray or self-tanning lotions on treatment areas for 1 week prior to your procedure.
- Avoid sun exposure for 2.5 weeks prior to the procedure.
- Avoid anti-histamine and inflammatory drugs one week prior to treatment. These negate the effects of the procedure. The body's histamine and inflammatory responses are needed post procedure.

- If you are on autoimmune therapy, discuss with your provider before proceeding with the treatment.
- If you have recently received filler this treatment may cause it to break down at a more rapid rate. Please schedule RF Microneedling prior to filler appointment.

## CONTRAINDICATIONS

- Pacemaker, internal defibrillator
- Metal implant near treated area.
- Scleroderma
- Collagen vascular diseases
- Cardiac abnormalities
- Rosacea
- Blood clotting problems
- Platelet abnormalities
- Anticoagulation therapy (i.e. Warfarin)
- Cancer lesions on the treated area, past and present
- Chemotherapy
- Steroid therapy
- Dermatological disease affecting the face (i.e. Porphyria)
- Diabetes and other chronic conditions
- Active bacterial or fungal infections
- Immune-suppression
- Scars less than 6 months old
- Facial fillers in the past 2-4 weeks.

Precautions: keloid or raised scarring, eczema, psoriasis, actinic keratosis, raised moles and herpes simplex. Treatment is not recommended for patients who are pregnant or nursing.

## POST CARE

- The treated area may be pink and mildly inflamed (similar to the appearance of a sunburn) for 48 hours following your procedure.
- 24 hours post-procedure, keep your skin CLEAN of cosmetics or sunscreen. Avoid dust, dirt or pets.
- Use cold water only for the first 24hrs when washing your face.
- Strictly avoid sun exposure, as you will not be wearing sunscreen. You may return to sunscreen use 24 hours following the procedure. Continue to minimize sun exposure for a minimum of 3 days following the procedure. DO NOT go outside without sun protection (even on a cloudy day).

- Avoid direct sun and heat for one week. This includes simple day-to-day tasks such as gardening, cooking over a hot stove for a long period of time, exercise that heats up the body, sitting next to a bonfire or fireplace, etc.
- Avoid exercise or excessive perspiration for 3 days post procedure, as excess blood flow and sweat can cause discomfort and irritation to compromised skin.
- Unexpected complications may occur when products not proven safe for use with microneedling are applied post-procedure. Ingredients to AVOID: Exfoliants, Parabens, Sulphates, Glycol, Citrus-derived preservatives, Dyes, Fragrance, Petrolatum and Mineral Oil.
- Drink plenty of water.

## EXPECTATIONS

- Minimal pinpoint bleeding may occur.
- Mild redness and swelling may occur for 1-2 days.
- Minor peeling and flakiness may occur after a few days. Don't pick at the loose skin.
- You may experience mild discomfort, warmth and heat from the RF energy and/or have a sensation of a sunburn.
- Call our office if you experience excessive redness, swelling, pain or drainage as they might indicate an infection.

I understand that these pre/post care instructions are important to my overall treatment. I agree that I have read and understand what is required of me before and following my treatment.

Please call our office during normal business hours if you have ANY questions or concerns.