

# THE *Aesthetics* Lounge and Spa

## **RF Microneedling Post Treatment Instructions**

### **(Profound)**

#### **Patients should be advised of the expected healing sequence and treatment side effects as detailed below...**

- ? The treated area should be kept as hydrated as possible for one- week post treatment and should have a consistent glazed-like appearance at all times.
- ? Ice for 30 - 45 minutes directly following treatment. Then every 2 hours, for 20 minutes on/off intervals, on day of treatment. This will help to decrease likelihood of indurations and extended bruising, and increase comfort.
- ? The treated area should be cleansed 3 - 5 times daily with clean water and gentle cleanser prior to each re-application of the healing topical. Avoid wash cloths, harsh irritants, and scrubs. Pat dry and do not rub.
- ? Patients should avoid excessive sun exposure on the treatment area and use a sunblock (SPF 30+) for 4 - 6 weeks following the procedure. The area should be covered with clothing or SPF 30 or higher sunblock containing the zinc oxide and/or titanium dioxide at all times.
- ? It is recommended to sleep with head elevated post treatment. Advise patients to change their pillowcase daily or lay a clean towel each night, avoid sleeping with pets.
- ? For the first 24 hours post treatment it is recommended to avoid rigorous exercise, any activities that would stimulate heat, vasodilation, sitting in hot bath or a sauna, etc.
- ? Do not pick at the treated area. It is imperative to let the area heal on its own. If the area is picked at and further interruption of the epidermal layer occurs, this can increase the risk of infection, PIH, and other post procedure complications.
- ? Patients should be advised to contact their provider if they have any concerns about how their skin is responding to treatment or is healing.

#### **Signature**

Patient Signature