

Post-Microneedling-RF Instructions

- A certain degree of discomfort, redness, and or irritation during and after treatment is expected. If any discomfort or irritation persists more than 24-hours, please notify SPMA.
- Do not wash the treated area for 8 hours post treatment. Gentle cleanse with hands. Avoid any irritation in the treated area for 48 hours.
- Tiny scabs (of less than 1 mm in diameter) may form 24-72 hours post-treatment and may remain for several days. The scabs should not be touched or scratched (even if they itch) and should be allowed to shed naturally.
- If adding the addition of a “serum” with your treatment, any remaining product is to be used that day.
- If PRP is used for your treatment we recommend allowing PRP to remain on the effective area for at least 8 hours before cleansing or applying other products to the area.
- During the first week following treatment, care should be taken to prevent trauma to the treated site: avoid hot baths, massage, and **avoid retinoids and any products that exfoliate the skin**. The skin should be kept clean to avoid contamination or infection; any mechanical or thermal damage to the area must be avoided.
- It is important to keep skin moisturized after treatment; make-up can be applied 24-72 hours after treatment session as long as the skin is not broken.
- You may have mild swelling and redness for 1-3 days after your treatment. Patients may apply an icepack to the irritated area for 15-minute sessions 3 to 4 times a day.
- Patients should avoid sun exposure or any excessive tanning for several days before and after treatment. A broad spectrum UVA/UVB sunblock should be used outdoors during daylight hours.
- Always use a minimum of SPF 30 sunscreen to protect your skin after your treatment and anytime while in the sun.

