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SECRET RF/ MICRONEEDLING POST CARE INSTRUCTIONS

1. Expected downtime: 3-5 days. Side effects may include redness, swelling, pinpoint bruising/bleeding, slight discomfort (similar to a sunburn), and rough bumpy texture of the skin.
2. For the first 12-24 hours, DO NOT apply ANYTHING, not even water, to the treated area EXCEPT the Skin Nectar you were given.
 - a. Skin Nectar is to be applied as instructed:
 - i. Apply three pumps four hours after treatment. Apply three pumps again at bedtime. **Continue 2 times a day for one week.**
3. After 24 hours you can start back with a gentle cleanser like CeraVe or Cetaphil, your antioxidant and sunscreen and make-up. NO Retinol, alpha or beta hydroxy acid containing products for one week.
 - a. Please discuss all skincare being used with your provider prior to the start of your treatment so there is no confusion.
4. Avoid ALL sun exposure/excessive heat for 24 hours post treatment, then avoid excessive sun exposure for one week.
 - a. When in the sun, ALWAYS use your sunscreen and sun hat! If you will be in the sun for an extended period of time you must reapply your SPF (45).
5. To minimize post procedure inflammation, apply ice packs on and off throughout the day and night and take an antihistamine like Claritin, Zyrec or Benadryl.
6. Sleep with your head elevated for 1-2 nights to help decrease chances of swelling under your eyes.
7. DO NOT exercise for 24-48 hours.