

Secret RF Microneedling or Skin Pen

Pre and Post Care Instructions

PRIOR TO APPOINTMENT:

- 5-7 Days before treatment avoid sun exposure/tanning and any treatments that could cause skin irritation, such as waxing, chemical peels, lasers, etc.
- 3 days before your treatment stop using retinoids, harsh cleansing products or scrubs and do not shave or wax the area to be treated.

WHAT TO EXPECT:

- 3-5 days of downtime
- Possible side effects: Redness, swelling, pinpoint bruising/bleeding, slight discomfort (similar to a sunburn), and rough, bumpy skin texture.

POST TREATMENT:

- For the first 24 hours do not wash or apply anything to the treated area (not even water)
- After 24 hours: resume using a gentle cleanser (CeraVe or Cetaphil), your antioxidant, sunscreen, and make-up.
- Sleep with your head elevated for 1-2 nights to reduce swelling, especially around the eyes.
- For one week: Avoid retinol, alpha hydroxy acid, and beta hydroxy acid products.
 - Discuss all skincare products with your provider before treatment begins to avoid confusion.

IMPORTANT:

- For one week: Avoid ALL sun exposure/excessive heat.
- To manage swelling: Apply ice packs on and off throughout the day and night. Take an antihistamine such as Claritin, Zyrtec, or Benadryl if needed.
- DO NOT exercise for 24-48 hours after treatment.
- After one week, when you are in the sun: Always wear sunscreen and a sun hat; reapply SPF throughout the day.

****Contact the office promptly if you develop a new or worsening rash, increasing pain or redness, or blisters/clustered sores, as these may indicate an infection or viral reactivation.****

QUESTIONS? CALL:

Boynton Beach: 561-364-7774 Boca Raton: 561-955-8885 Text: 561-861-3355