

RF Microneedling Pre and Post Care Instructions

PRE-TREATMENT PATIENT INSTRUCTIONS

- **1-2 weeks prior to RF Microneedling, we recommend the use Alastin® Nectar** on the treatment area to optimize your results. Nectar has been clinically proven to clear cellular debris in the skin to allow for new collagen growth and reduce inflammation during the healing process. We stock this product, or you may order directly from Alastin® at www.alastin.com, and have it delivered to you.
- On day of treatment, patients should thoroughly wash face and not apply any makeup, lotions, sunscreen or any other cosmetics to the treatment area prior to arriving to our office.
- On the day of treatment, bring Pronox tubing if purchased previously at DLC. If not, we can provide tubing at your appointment.
- We will prescribe valcyclovir to prevent the development of any potential cold sores. If you have a history of cold sores you will begin valcyclovir the day before treatment, otherwise beginning the day of treatment.
- In some cases, you may be asked to start a topical lightening agent 1 week prior to your treatment.

• POST-TREATMENT PATIENT INSTRUCTIONS

- We may prescribe an oral antibiotic to begin the day of treatment if you have a history of acne.
- Cooling with a towel-wrapped ice pack is recommended. Apply Nectar for one week post procedure.
- Day 1-5: Mild crusting may be noted 1-5 days following treatment. Crust will disappear naturally in several days. Do not pick at the crusts. Soaking skin in the shower for 10-15 minutes and rubbing very gently with fingers and Nectar can help with sloughing. Not everyone's skin will crust. Crusting is not an indication of an effective treatment, so if no crusting appears, you are still getting an effective treatment.
- Day 1-7: Avoid sun exposure for at least 1 week.
- Day 1-14: Avoid harsh topical products, retinoids, and alcohol-based toners for two weeks.
- Day 2: You can apply bland moisturizers and mineral sunscreens after 24 hours.
- Day 2: Beginning on the second day after treatment, apply a mineral-based broad spectrum UVA/UVB sunscreen with SPF 30+ until the skin returns to normal. When outdoors, always use an umbrella, wide-brimmed hat or other available protection against sunlight.
- Day 14: Restart hydroquinone if redness has resolved.

EXPECTED SKIN REACTIONS AND RESULTS

- Common expected skin reactions include erythema (redness), edema (swelling), temporary pin-point bleeding, and very slight discomfort. Pin-point bleeding should stop within 24 hours, discomfort within a few hours and redness and swelling gradually diminishes in 1 to 5 days.
- 1-3 days Post: Redness and swelling, pin point bleeding
- 1-2 days Post: Crusting begins to appear and sloughs off in 3-7 days.
- 3-7 days Post: Brighter skin tone, significant reduction in sebum secretion in oily skin types, sloughing of crust.
- 3-6 months Post: Continuous improvement of fine wrinkles, pores size, scars and skin laxity.
- Other less common skin reactions include petechiae, small red dots, which fade in a few days, and/or bruising which can take up to 10 days to disappear.
- Other skin reactions include irritation, itching, and burning sensation. These typically subside in a few hours to 1 day, but may get aggravated with heat or sweating. If these reactions continue, please call DLC to be evaluated for possible infection or allergic reaction. Changes to skin care regimen or a prescription may be needed.
- 8 weeks is the typical time interval between treatments.
- Most patients achieve best results with 3-4 treatments.