

Radiance

RF Microneedling Homecare Instructions

- No exercise, hot tubs, saunas, steam rooms, or anything that exposes you to heat for at least 48 hours.
- It is highly recommended to hydrate very well with water for 3 days post treatment.
- Keep the treatment area moisturized starting 24 hours after procedure (unless specified by your clinician). After the first day, gently wash and pat the skin gently dry for two days. Do not scrub the treated area. Moisturize daily. Please use only products provided from Radiance over the next 5-7 days. Proper moisture applications will help relieve dry/tight sensation post treatment.
- Avoid sun exposure as much as possible for 48 hours after treatment. After 24 hours you can apply a mineral based sunblock with an SPF of 30+ that is pre-approved by your clinician. Reapply every 90 minutes when out in sun. Until the skin returns to normal, when outdoors use an umbrella, hat or other available protection against sunlight, even on cloudy days.
- You may experience some short-term skin responses including but not limited to the following:
 - You will have a "sun-burn" sensation for typically up to 48-72 hours post treatment.
 - Redness and swelling may occur. This is a normal response and duration will depend on individual treatments but is typically 1-3 days. You may take a Benadryl or Zyrtec to help with swelling. Cool packs, but not ice packs, can be applied if necessary to help relieve inflammation and provide comfort in the first 36 hours.
 - Dry or mild crusting might be noted along with itchy skin within the first few days after treatment. This can also give a tight sensation. Regular application of the provided products will reduce this sensation. You may also mix in Hydrocortisone 1% to help with itching. If crusting occurs it usually begins 1-2 days after treatment and sloughs off in 3-5 days. If the treatment was performed on the neck the crusting could take up to 2 weeks to resolve.
 - A "bronzed" appearance may also occur within the first few days after treatment. For some this may appear more pink-toned along with mild/discrete flaking. It is important to not pick. Apply EltaMD SilverGel to help if needed.
 - The RF delivers heat deep in the skin which can result in a purge or breakout post treatment. This is normal and breakouts should resolve within 1-2 weeks. If the breakouts are more than a few, please reach out to us so we can evaluate if a prescription should be used to help during the purging process.
- Resume normal products once flaking/dryness has subsided or after 5-7 days.
- Do not use Retin-A, Retinols, Tretinoin, for 7 days post procedure. If you are a Fitzpatrick V or VI(darker skin tone), please start your Hydroquinone after 48 hours.
- Do not apply makeup the day of your treatment and try to avoid makeup for 48 hours post treatment. If you do apply makeup the day after your procedure it must be pure

mineral based makeup such as Jane Iredale powders. We do not recommend using any others due to possible bacteria growth. Please wash all makeup brushes prior to any makeup application.

- You will want to schedule your next treatment in 4-6 weeks. We usually recommend 3-5 treatments spaced 4-6 weeks apart if you are doing a series.
- You can start to see a difference in your skin at 1 week but full results will not be seen until 8-12 weeks post procedure.
- **Make sure to schedule your follow-up or next appointment by calling/texting 608-240-0088 or emailing info@radianceskintherapy.com**
- **Please call immediately with any questions or concerns. During business hours call 608-240-0088. After business hours call Taylor Hill, RN @ 608-575-1750 or Anne Pientka, RN @ 608-513-8699.**

Moisturizer's that we love and recommend post RF Microneedling & are available at Radiance:

- Radiance Complete Complex \$104 ~ features Phyto Stem Cells and Peptides. Nourishes dry skin back to optimum health & supports barrier repair and lipid replenishment.
- EltaMD SilverGel \$24 ~ Anti-microbial gel that provides moist healing and protect against bacteria. Great for post-procedure skin!
- Radiance Hydraboost \$98 ~ Fractionated Hylaronic Acid Serum that helps restore hydration and prevent Trans-Epidermal Water Loss. .

Other Complementing Services to Consider:

- **HydraFacial**
<https://radianceskintherapy.com/skin-essentials/hydrfacial-madison/>
- **LaseMD Ultra**
<https://radianceskintherapy.com/skin-essentials/lasemd-ultra/>
- **Photorejuvenation: IPL**
<https://radianceskintherapy.com/skin-essentials/ipl/>

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