

# *Radiance*

## **RF Microneedling Homecare Instructions**

### **What to avoid post procedure:**

- No exercise, hot tubs, saunas, steam rooms, or anything that exposes you to heat for at least 48 hours.
- Avoid sun exposure as much as possible for 48 hours after treatment.

### **Possible short-term skin responses post procedure:**

- Swelling may occur within the first 72 hours post treatment. Benadryl or Zyrtec are optional & may help reduce swelling.
- Sunburn-like sensation typically up to 72 hours post treatment.
- Redness may occur within the first 72 hours post treatment. Cool compresses, but not ice packs, can be applied if necessary to help provide comfort in the first 36 hours.
- A "bronzed" appearance may also occur within the first few days after treatment. For some this may appear more pink-toned.
- Dryness or a mild rough-like texture might be noted along with itchy skin within the first few days after treatment. This can also give a tight sensation. You may also mix in Hydrocortisone 1% to help with itching. The dry rough texture usually dissipates naturally within a week (can be longer on neck).
- 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 the skin.

### **Post Procedure Skincare:**

- Drink lots of water for the first 3 days post to stay hydrated.
- Starting 24 hours after the procedure (unless otherwise specified by your clinician) you will use gentle cleanser, moisturizer, & mineral spf. Be careful not to scrub the treatment areas. Proper moisture applications will help relieve dry/tight sensations post treatment.
- Starting 24 hours after treatment, apply a mineral based sunblock with an SPF of 30+ that is pre-approved by your clinician. Continue using sun protection (spf with frequent reapplication, hat, etc) for at least 3 weeks post treatment when outdoors. Your skin will be sensitive to the sun for 2 months post treatment.
- Resume normal products once flaking/dryness has subsided or after 7 days including Retin-A, Retinols, or Tretinoin.
- If you are a Fitzpatrick V or VI (darker skin tone), please start your Hydroquinone after 48 hours.
- After 48 hours post treatment, mineral makeup can be applied. Please wash all makeup brushes.

**It is very important that you call us with concerns. Possible adverse reactions need to be reported to us immediately!** A follow-up for reactions will be necessary within 2 weeks of the treatment date. During business hours call 608-240-0088. After business hours call Taylor Hill, @ 608-575-1750 or Anne Pientka, RN @ 608-513-8699.