**RF Micro-needling Pre & Post Procedure Instructions**

**Pre-Procedure Instructions & Precautions**

* Avoid sun exposure/burns 2 weeks prior to treatment.
* Discontinue use of retinoids a week prior to treatment.
* You should not have an active breakout, active cold sores, or open lesions. If this occurs, your medical RF micro-needling treatment should be rescheduled.
* Allow at least 7-days after autoimmune therapies before having a medical RF micro-needling treatment.
* Wait 6 months following isotretinoin (Accutane) use.
* Skin types Fitzpatrick IV-VI, pigment may darken prior to lightening.
* Wait at least 6 weeks before or after Botox and dermal fillers such as Juvederm, Restylane, etc.
* Wait at least 1 month before or after laser treatments such as IPL, VBeam, etc. or chemical peels such as Vitalize, Rejuvenate, etc. or Microdermabrasion treatments.

**Post-Procedure Instructions & Precautions for first 24 Hours**

* Only use the Rescue Calming Complex and the Lift HA Serum for the next twenty-four (24) hours. Do not use any other skincare products or makeup (cleansers, moisturizers, or sunblocks).
* 24 hours following treatment, you can also use a gentle cleanser and a zinc oxide sunblock as well as continue using the Rescue Calming Complex and the Lift HA Serum.
* Avoid exercise for 3 days following the procedure (including procedure day). Bruising is rare however, do not plan an important event within 2 weeks of treatment.
* Avoid unprotected sun exposure for 2 weeks after treatment. Use zinc oxide and hat/shade to protect treated areas.

**Expect:**

* **Day 0** (day of procedure): Moderate swelling, redness, tight, sunburned sensation. Nothing on face except Hydrogel (Lift), apply as frequently as needed.
* **Day 1** – Mild to moderate redness and swelling, similar to a sunburn. No sunscreen or makeup.
* **Day 2** – Some persistent redness and swelling may be present. May apply sunscreen and makeup.
* **Day 3** – Most redness, bruising, and swelling almost gone.
* **Day 4** – Return to normal appearance without makeup.