

Transform Aesthetic Center

Theresa Huyen, MD

Radiofrequency (RF) MICRONEEDLING

PRE PROCEDURE CARE

Radiofrequency Microneedling is designed to use your own body's reaction to firm the skin by delivering energy directly to the dermis through gold plated microneedles which create thousands of precise micro-injuries in the skin. When the energy is delivered, it leads to the release of growth factors, which stimulates new healthy collagen and elastin. The result is impressive and the skin change is gradual but significant. Your skin complexion is softer, brighter, younger looking. It is remarkably effective for: scars, wrinkles, sun damage, uneven skin tone, stretch marks, lax skin, large pores and thin skin.

Pre-Treatment

- Avoid sunburn or sun exposure 24 hours prior. Adequate hydration is essential, so drink a lot of water- at least 6 glasses the day before and at least 1-2 bottles of water before your procedure
- Avoid treatment if you have active infections of the skin or numerous acne breakouts
- Avoid artificial tan 24 hours prior
- Notify your clinician if you have ever had herpes simplex virus (cold sores)

MEDICATIONS

- Discontinue Retin-A, retinoid cream, or skin lightening creams 24 hours prior
- Avoid aspirin, Advil, Motrin, Ibuprofen, Naproxen, Voltaren and other anti inflammatory medications for 3 days before your procedure (if possible please avoid for 5-7 days). You may take Tylenol for any pains, discomforts or joint pains you may have.

ALCOHOL & SMOKING

- Avoid alcohol for 1-2 day before and 1-2 day after your procedure
- If possible, stop smoking or limit smoking for three days prior to your procedure. The more the better as we find it really impacts on the healing process!

SUPPLEMENTS

- Discontinue other blood thinning agents such as vitamin E, vitamin A, Ginko, Garlic, Flax, Cod Liver Oil, Essential Fatty Acids for 3 days, better up to 7 days before your treatment.
- It's fine to continue iron, calcium and vitamin D
- Arrive 30 minutes before your appointment time to numb

POST PROCEDURE CARE

- For 24 hours after the procedure – Keep skin clean, do not apply makeup or sunscreen
 - 24 hour after your procedure, you may use a gentle cleanser and moisturizer to relief skin irritation. You may use sunscreen SPF 50 daily
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- Avoid excessive sweating and sun exposure for 2 days
- You may resume your routine skin care regimen 2 days after your procedure
- Return in 4 weeks for follow up
- After the procedure, the skin will be red and flushed in a similar way to moderate sunburn. You may also experience tightness and mild sensitivity to touch on the area treated. This will diminish greatly after a few hours following treatment and within the next 24 hours.

If you have any medical problems that arise while participating, please keep us informed. If an urgent medical problem should arise and you have a concern that it may be related to your care, please call us at 386-882-7830 and contact your primary care physician or go to the nearest healthcare facility/Emergency Room to have the problem assessed immediately.
