



### Microneedling + Microneedling Radiofrequency (RF) Instructions

#### Pre-Treatment Instructions:

- Please try to refrain from wearing any makeup to your appointment.
- Avoid, if possible, non-steroidal anti-inflammatory (NSAIDs) such as Ibuprofen and Aspirin for 1 week prior to treatment to minimize potential bruising and bleeding.
- Prescription anticoagulants/antiplatelet medications will increase the risk of bruising and bleeding. If cleared by your HCP, avoid 1 week prior to treatment.
- Bruising is always a risk factor with treatments.
- If you have a history of cold sores, begin prophylactic treatment with Valtrex or similar medication no later than 24 hours prior to the treatment.
- Botox and/or facial fillers within 2 weeks prior to your treatment is not recommended.

#### Post-Treatment Instructions:

- Avoid makeup for 24 hours, until pinpoint channels have fully closed.
- Avoid heat and keep the skin cool during the first day of treatment.
- Avoid strenuous exercise for 24 hours post-procedure.
- Direct sun exposure should be avoided for 2 weeks post-procedure.
- Avoid using scrubs or washcloths on your face until it has fully healed.
- You may resume your normal skincare routine (avoiding scrubs) in 3-5 days.

#### Side Effects:

- Skin will appear red with possible pinpoint bleeding/scabbing for approximately 48 hours.
- Skin will appear dry/rough for 5-7 days post-procedure as pinpoint channels heal.
- Bruising may occur and is common. You may apply Arnica Gel/Cream (found at CVS) topically to promote faster recovery.
- Swelling with RF is common and can last 3-5 days. Swelling causes an internal inflammatory response which helps to tighten the skin. It is important NOT to interrupt the inflammatory process.
  - Avoid NSAIDs (Ibuprofen/Advil, Aspirin) for 48 hours post-treatment. You may take Tylenol.
  - Avoid antihistamines (Benadryl, Zyrtec) for 48 hours post-treatment.
  - Do not apply ice and/or cold compresses.
  - Sleeping with your head slightly elevated, drinking plenty of fluids and avoiding salty foods is recommended to reduce swelling.

#### After Care Regimen:

- Cleanse: Use a gentle cleanser morning and night. Do not scrub and/or use a washcloth until skin has fully healed. Gently pat skin dry after cleansing.
- Moisturize: Apply a moisturizing ZO Hydrating Cream as needed. You may apply this throughout the day if you find that your skin feels dry and/or itchy.
- Protect: Apply a broad spectrum UVA/UVB sunscreen SPF 30+ every morning and throughout the day. Avoid direct sunlight for at least one week prior and 2 weeks after.
- ZO Firming Serum may be applied once skin is fully healed in 3-5 days if provided.

