



Microneedling with Radio Frequency Instructions

Pre-Treatment Instructions:

- Shave the treatment area the day before your appointment, if applicable, to ensure optimal results and comfort during the procedure.
- Avoid sun exposure, tanning beds, and self-tanners for 2 weeks prior to treatment. Use a broad-spectrum SPF 30+ or higher sunscreen daily to protect your skin.
- Avoid using Retinol, Retin-A, Glycolic, Salicylic Acids, Vitamin C, or other exfoliating agents for 5-7 days prior to treatment to reduce irritation.
- Do not use any aggressive facial treatments, such as chemical peels or laser treatments, for at least 2 weeks before the procedure.
- Discontinue the use of Accutane (oral acne medication) for at least 6 months before treatment, as it may increase sensitivity and the risk of side effects.
- Avoid Botox, fillers, and injectables for at least 2 weeks before treatment.
- If you have a history of cold sores, begin antiviral treatment (e.g., Valtrex) at least 24 hours prior to the treatment to prevent outbreaks.
- Avoid alcohol and blood-thinning medications (like Aspirin, Ibuprofen, Vitamin E, and Fish Oil) for 3-5 days before treatment to minimize bruising and swelling.
- Refrain from wearing makeup to your appointment to ensure the treatment area is clean and prepped properly.
- If you are experiencing any active acne, open wounds, or skin irritation, please inform your provider, as these can affect the outcome and suitability of RF Microneedling.

Post-Treatment Instructions:

- Sun protection: Avoid direct sun exposure for 2 weeks after treatment. Always apply a broad-spectrum SPF 30+ or higher sunscreen, even indoors.
- Avoid heat for at least 48 hours after treatment (e.g., hot showers, saunas, hot tubs, intense workouts). Excess heat may increase swelling and discomfort.
- Do not exfoliate or use harsh skincare products (e.g., Glycolic, Salicylic, Retinol, Vitamin C) for at least 5-7 days post-treatment.
- Avoid makeup for 24 hours after the procedure to prevent irritation and infection.

- Moisturize the treated area frequently with a soothing, non-comedogenic moisturizer to help support the skin's healing process.
- Avoid touching or scratching the treated area to prevent infection and irritation.
- Do not use active skincare ingredients (such as Retinol, AHA/BHA, and Vitamin C) for the first 5-7 days after the treatment, as these can irritate the freshly treated skin.
- Sleep on your back with your head elevated for the first 2 nights to reduce swelling and avoid pressure on the treated area.
- Hydrate well by drinking plenty of water to support skin healing and regeneration.
- Avoid excessive sweating (e.g., rigorous exercise, saunas) for at least 48 hours post-treatment to minimize irritation and prevent bacterial buildup in the treated areas.
- Avoid facial treatments (chemical peels, additional microneedling, laser, etc.) for at least 2 weeks post-procedure.
- Cold compresses or ice packs may be applied to reduce any swelling or discomfort post-treatment.
- If any crusting or dryness occurs, continue moisturizing the area. Do not pick or peel the skin, as this may lead to scarring or pigmentation changes.

Side Effects:

- Redness and a sunburned sensation are common immediately after the procedure and typically subside within 4-6 hours. In some cases, redness may persist for 1-2 days.
- Swelling may occur in the treated areas, particularly around the eyes, and can last 1-3 days. Applying cold compresses and elevating the head while sleeping can help reduce swelling.
- Dryness, tightness, or flaking may appear as the skin heals. This is normal and can be managed with a good moisturizer.
- Pinpoint bleeding or micro-abrasions are common during the microneedling process but should resolve within a few hours.
- Bruising is rare but can occur, particularly in more sensitive areas.
- Mild discomfort or a sensation of tightness may persist for a few hours post-treatment but should subside as your skin heals.
- Infection is extremely rare. However, if you notice excessive redness, warmth, swelling, or pus, please contact your provider immediately.
- If you experience any persistent pain, swelling, or unusual symptoms, please reach out to your provider to rule out complications.

If you think you are having an emergency please call 401-782-2400. After hours or on the weekend please email info@seamistmedspa.com with EMERGENCY DR. SIMPSON.