

Potenza (RF Microneedling) Pre-Treatment Guidelines

- Keep hydrated by drinking water (at least eight cups daily) or hydrating fluids to improve treatment outcomes 2 days or more before treatment. Tissue needs to be hydrated to conduct the RF current.
- Avoid drinking alcohol for 24 hours in advance of treatment
- For three to seven days prior to treatment, at the physician's discretion, avoid therapies that may cause erythema (redness) or irritation, such as retinols or products containing isotretinoin and any exfoliating acid preparations
- Shave visible hair from the treatment area
- Male beards should be shaven on the day of treatment
- The same procedure should be followed prior to each treatment
- Avoid sun exposure 2 weeks before on treated areas and wear a broad spectrum sunscreen every day
- A series of chemical peels and a medical grade skin care regimen are recommended for enhanced results and to avoid PIH. Seek consult with our med spa skincare experts prior to treatment

Potenza (RF Microneedling) Post-Treatment Instructions

- **Do not scrub** or exfoliate the skin
- Wash the area with warm water and a mild cleanser
- Do not apply liquid makeup for 24 hours; mineral makeup is acceptable after the erythema resolves. Be sure to apply makeup with clean brushes to avoid spreading bacteria to the treated area.
- If erythema after treatment persists, use an ice pack or cool compresses at home; always use a protective barrier, such as face cloth, between the skin and the ice pack.
- Before touching your face or applying facial products, be sure to wash your hands well; there are micro-pathways opened into the dermis and hands will introduce bacteria
- If skin feels tight or dry, apply moisturizing cream as often as desired.

RF Microneedling Pre- & Post-Treatment Instructions

- If you currently have skin breakouts, you may find that the condition may temporarily worsen due to inflammation or edema.
- Do not pick at treated tissue, doing so may result in hyper- or hypo-pigmentation
- Avoid ultraviolet ray and apply sunblock >30 SPF UV A/B daily
- Avoid alcohol consumption if possible
- For 24 hours, refrain from cardio exercise or activities that increase the body temperature and cause perspiration, i.e. hot yoga, saunas, etc
- Contact the spa if any problems develop; concerns regarding rash, itching, erythema, etc, for more than 24 hours.
- Call, email or message The Med Spa for any concerns immediately, Dr Adams or a member of the staff will address your problem.

Expected Side Effects

- Erythema (redness) may occur after the treatment; lasting a few hours and up to three days.
- Tissue may be edematous (swollen) for a few hours up to several days
- Pinpoint bleeding on the surface of the skin can be expected with deeper treatment. Bleeding is temporary and is typically resolved by the end of the patient's visit
- Over treated tissue may heal with small areas of micro crusting or scabbing
- Burning sensation: patients may feel uncomfortable temporarily while receiving treatment
- Temporary tingling which typically resolves within 48 hours