

RF Microneedling Aftercare Sheet

What to expect:

- Your skin will feel warm and tight, similar to a sunburn for up to 48 hours
- Your skin may feel dry and rough like sandpaper for up to a week following treatment. Your skin may flake and peel, it is important that you do not pick this off. Keep skin moisturised - it is ideal to apply less moisturiser more often rather than a lot of moisturiser only once or twice a day.
- You may experience some pigmentation and/or crusting that will flake and fall off on its own - it is important that you do not pick this off. Keep the skin moisturised and let the skin go through its healing process.

Post-care Instructions

- Do not wash your face on day of treatment, you can apply a gentle moisturiser if needed
- You can apply cold compress to the face for 20 minutes on and 20 minutes off if needed - do not put ice or ice packs directly on the skin, please cover with a cloth
- Avoid touching the face for 24 hours
- Do not pick or peel off any flaking skin
- Drink plenty of water
- Mineral makeup can be worn the following day after treatment
- Gentle cleanser, gentle moisturiser & SPF can be used from the day following treatment for 7-14 days
- No use of exfoliants, AHA or BHA and Retinol or Retin-A (Vitamin A) containing products (these are commonly exfoliating cleansers, toners, scrubs, serums, or masks) for 7-14 days post treatment.
- No excessive exercise/sweating for 24 hours
- No swimming for 24 hours
- No hot tubs, saunas, steam rooms or excessively hot showers for 24 hours
- Avoid hot water directly on the face for 24 hours
- Avoid sun exposure for minimum of 2 weeks - this is very important in order to avoid post-inflammatory pigmentation. If you need to be out in the sun please ensure you are protected with SPF 50+ and a hat.
- If you are a smoker it is recommended that you stop/avoid smoking while the skin is healing.