



RF Microneedling Pre & Post Treatment Instructions

Pre-Treatment Care

- No Self-tanner within 2 weeks of treatment
- No anti-inflammatories 72 hours prior to treatment
- Discontinue use of retinols and active ingredients 3 days prior to treatment
- No Fillers/ Neurotoxins 2 weeks prior to treatment
- No Chemical Peels, IPL and other laser treatments 2 weeks prior to treatment
- No prolonged sun exposure for at least 1 week prior to treatment
- No blood thinners 3 days prior to treatment (i.e. aspirin, alcohol, some medications)

Post-Treatment Care

Use only the products provided by WIFH

- Before bed use cool water and Ultra Calm Cleansing Cream to wash the treated area, gently pat dry. Apply a thin layer of Regenerating Skin Nectar, followed by Ultra-Light Moisturizer. Repeat this regimen morning and night for 3 days. Apply SPF every morning and throughout the day as needed. No anti-inflammatories 72 hours prior to treatment
- After 3 days, you may return to your normal skincare routine, excluding retinols or other active ingredients. Retinols and active skincare products can be resumed 7 days after treatment.
- If your skin feels tight, itchy or dry, apply moisturizer. It is very important to keep your skin moisturized during the healing process. This will ensure your skin heals quickly and helps to minimize discomfort.
- Do not apply ice to your skin as this will suppress the inflammatory response and impact treatment results.
- No heat and sweating for 2 days (i.e. hot baths, strenuous exercise, saunas, etc.
- No makeup for 24 hours.

- No prolonged sun exposure for at least 2 weeks after your treatment.
- Use a minimum of SPF 30 daily to protect your skin
- No waxing for 7 days

Recovery Timeline

Day 1: Erythema and red appearance and severity will depend upon how aggressively the treatment was performed. Skin may feel hot.

Day 2: A red or pink hue persists like a moderate sunburn. Swelling may be more noticeable on the second day.

Day 3: Skin may be pink or normal color. Swelling subsides.

Day 4 and on: Skin may be dry and feel tight. Use of suggested post-procedure products will alleviate this.

Please call our office if you have any questions or concerns 404-832-0300