

# *eighty-two* MAGNOLIA AESTHETICS & WELLNESS

## Radio-Frequency Micro-needling

### Pre-Treatment Instructions

- No wrinkle relaxers for 2 weeks prior to treatment.
- Patients with a known history of Herpes Simplex infections (cold sores) will be given prophylactic medication if needed.
- Discontinue the use of topical products containing Retinol or Vitamin A for 48 - 72 hours prior to your treatment.
- Avoid any anti-inflammatories, such as Aspirin, Advil, Motrin, or other Ibuprofen products for 1 week prior to treatment.. You may take Tylenol if needed.
- If you have sunburned skin 2 weeks prior to your appointment, please call our office to reschedule. Inappropriate treatment could lead to Hypopigmentation (white spots) or Hyperpigmentation (brown spots) that may last months or become permanent.
- Wait at least six months post Isotretinoin (Accutane) use before your procedure, as Isotretinoin use may impair wound healing and increase risk of scar tissue formation.
- Do not use any self tanning products to treatment areas 1 -2 weeks prior to treatment.

### Day of Treatment

- Try to get your workout in the morning of the treatment since you will not be able to sweat for a few days.
- Drink plenty of water!
- Come to your appointment with a clean face, free of makeup and lotions. Please leave your jewelry at home.

### Post-Treatment

- You should avoid vigorous activity and excess heat for 48 - 72 hours.
- Be vigilant about your sun protection - Mineral based sunblock is recommended and reapply often. Until the skin returns to normal, strict sun avoidance is recommended. Use an umbrella, hat, sunglasses or other available sun protective gear, as UV from the sun, even on a cloudy day, may cause hyperpigmentation of the treated area. Avoid direct sun exposure for at least 2 weeks. Use good judgement - you can go outside and live your life, just be mindful of your sun exposure
- Do not apply any active ingredients (Vitamin C, Retinol, Tretinoin, Acids or anything abrasive or with grit) to your skin until your skin is completely healed - may take up to 7-10 days.
- Do not apply anything to your skin that has not been approved or given by 82Magnolia Aesthetics.

- Avoid any anti-inflammatories, such as Aspirin, Advil, Motrin, or other Ibuprofen products 1 week post treatment. You may take Tylenol if needed. This is one of those instances where inflammation is a good thing and we want to maximize your treatment results.
- Use a clean pillow case and no makeup for 24 hours after your procedure.
- It is important to keep your skin hydrated after treatment. Do not use anything abrasive on the treated area. Use only products approved by your provider. Gentle Cleanser, finger tips only (no wash cloths or facial cleansing tools) and approved aftercare only.

#### Expected Skin Reactions

- A certain degree of discomfort during and after treatment is expected.
- Redness and swelling for 1-3 days is common. Days 3-5 your skin may feel dry and tight, like a fine grit sand paper. This is normal and expected. DO NOT EXFOLIATE!!
- Acne flares or a “purging effect” can occur
- Other skin reactions include irritation, itching, and burning sensation.
- MENDS (Microscopic Epidermal Necrotic Debris) are tiny, dark, sand-like, or bronzed specks that appear 24 - 72 hours after treatment. They represent dead skin cells and pigment pushing out, indicating effective rejuvenation rather than a side effect. MENDs typically shed naturally over 4-10 days. DO NOT EXFOLIATE!

*Should you have any questions concerning any aspect of your procedure, please call the office at:*

*(850) 889-8982*