



## **Client Pre & Post Care Instructions RF Microneedling**

Thank you for scheduling your Microneedling treatment with Golden Laser Aesthetics. The instructions below must be followed diligently in order to obtain optimum results.

### **Pre Care Instructions**

- Clients should come to their treatment with a clean face and no makeup on.
- Avoid extended sun exposure or tanning for 1 week pre & post treatment.
- Clients who are sunburned should wait at least 2 weeks before being treated in order to avoid additional skin damage.
- Discontinue any actives (AHAs, Retinols) 2-3 days prior to treatment.
- If you are prone to cold sores, take an antiviral medication (such as Valtrex) prior to your treatment. Ask your technician for a prescription, if needed.
- Clients who have used Accutane within the last 12 months CANNOT have microneedling.
- Avoid Acetaminophen, Aspirin, Ibuprofen, and Advil prior to procedure including Natural supplements such as Turmeric, Bromelain, Ginger, Fish oil, and Guerctin.

### **Post Treatment Expectations**

- Mild Erythema (redness) will be present in the treatment area and can last a few hours up to a few days.
- Clients will experience a mild to moderate sunburn sensation when numbing wears off that may include some discomfort.
- Most clients will not experience any significant discomfort.
- Within 48 to 72 hours post treatment, you may experience flaking or peeling. This will generally last a few days. DO NOT PICK OR PULL THE SKIN.

### **Post Care Instructions**

- Avoid all active products (such as alpha hydroxy and beta hydroxy products (AHA/BHA) and retinol/retinoids) for up to 5 days post treatment.
- In cases where the skin response is excessive, cooling techniques may be used to reduce the skin's response.
- A soothing cream may be applied after therapy.
- Patients should avoid sun exposure or any excessive tanning for several days after the treatment. A broad spectrum UVA/UVB sunblock should be used outdoors during daylight hours until the skin is completely healed.
- Patient should avoid any skin irritation in the treated area for 24 to 48 hours after the therapy.
- Make-up may be applied only 24 to 72 hours after each treatment session as long as the skin is not broken.
- About 24 hours after treatment, patients may use regular soap, but not scrubs or exfoliants.
- Do not wash your skin until the morning after your treatment for the best outcome. When washing, for the first 2 days, do not scrub. Use a gentle cleanser with no acids. (Anteage Cleanser is recommended).
- The session should not be repeated until the skin is fully recovered, typically 1 to 6 weeks.
- Acetaminophen or Tylenol can help with discomfort.. DO NOT ingest aspirin or products containing aspirin until complete healing has occurred.
- Showers are permitted. Avoid prolonged bathing, heavy exercise, and Jacuzzi tubs for 48 hours post-treatment.
- Avoid shaving the area for 24 hours after treatment.
- Apply a protective ointment to the treated area two or more times daily for 3 to 5 days. This process is critical in keeping the skin hydrated and preventing bacteria from entering the skin.
- A post-care system and sunblock are non-negotiable, and necessary for healing and best outcomes.
- Do NOT have any other facial treatments for at least 2 weeks post treatment.