



Pacific Clinic

Potenza Radiofrequency Microneedling

Post-treatment Instructions

SKIN CARE

- ❑ 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.
- ❑ If erythema (redness) after treatment persists, use an ice pack (or frozen peas) at home, but always use a protective barrier, such as a face cloth, between the skin and the ice pack.
- ❑ Always wash your hands thoroughly before touching your face: there are micro-pathways opened into the dermis(skin) and hands will introduce bacteria.
- ❑ If skin feels tight or dry, apply moisturizing cream frequently.
- ❑ 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 hypopigmentation.
- ❑ Avoid ultraviolet rays and apply sunblock >30 SPF UV A/B daily.
- ❑ Call your practitioner if any problems develop: concerns regarding rash, itching, erythema, etc., for more than 24 hours.

HYDRATION

- ❑ Avoid alcohol consumption if possible for 24-48hrs after treatment
- ❑ Continue to hydrate well with water

EXERCISE

- ❑ For 24 hours, refrain from high intensity aerobic exercise or activities that increase the body temperature like saunas, hot tubs, steam showers or exercise (i.e. jogging, weight training, kickboxing, etc.).



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PAIN

☐ Tylenol

- 325mg 2 tabs every 6hrs as needed for pain or discomfort
- 500mg 2 tabs every 6-8hrs as needed for pain or discomfort

☐ NSAIDs

- Ibuprofen 200mg 2-3 tabs every 6hrs as needed for pain or discomfort
- Aleve 220mg 2 tabs every 12hrs as needed for pain or discomfort