

# GENIUS RADIOFREQUENCY MICRONEEDLE PRE AND POST CARE

## Pre Treatment

### Cleansing:

Cleanse the skin twice daily with plain, lukewarm water and gentle cleanser. Do not rub, scrub, or use an exfoliant before (or after treatment).

### Moisturizer:

You can apply moisturizer at any time. Moisturizers should not contain fragrances, color, or any essential oils. We have several recommended options in the spa that have been proven safe and improved results.

### Products:

Do not use Retin A or retinol-containing products for at least three days before laser treatment. We recommend using hydroquinone before treatment (contact us if you have a darker skin tone and have questions). Stop hydroquinone three days before treatment.

### Medications:

If you are prone to cold sores and want a prescription for Valtrex, please get in touch with us or your doctor – this will be necessary for any laser near your mouth.

If your doctor needs to put you on an antibiotic for other reasons, or if you take antibiotics regularly, please let us know – we may need to reschedule your laser or adjust your medications with your doctor.

## Post Treatment

- Redness is normal. Redness can persist for a few days, depending on the aggressiveness of the treatment.
- Immediately after treatment, swelling is joint and expected. You should look sunburned for 24 hours or so.
- If you are taking an antiviral, take it as directed.
- There may be itching during the healing phase, but it is entirely natural. Benadryl can cause drowsiness if taken orally. Scarring and pigmentation complications may result from scratching the treated area.

## Post Care

- You may use a calming, clean moisturizer or skin nectar. We do not recommend any moisturizer with color, fragrance, or essential oils. We have suggested that Alastin products be available for purchase at the spa. Using a moisturizer with petroleum may be suited for individuals who receive more graduated coverage. An alternate product recommendation is Vanicream (Target or Walmart)
- Do not use retinol, vitamin C, or other essential oils during healing.
- Cleanse the skin twice daily after the treatment using plain, lukewarm water and a gentle cleanser. Again, we recommend our Alastin products. Alternate product – Cetaphil or CeraVE. Gently apply the cream with your hands. Pat dry with a soft cloth after using the cleanser and water. Do not use an exfoliant or skin care brush, such as Clarisonic, on the treated area. It could cause scarring and pigmentation complications. Doing so could result in scarring and pigmentation complications. During the first 24 hours after treatment, peeling and flaking may occur, allowing them to fall off naturally. PICKING, RUBBERING, OR FORCING SKIN OFF DURING THE HEALING PROCESS CAN RESULT IN SCARRING, PIGMENTATION COMPLICATIONS, AND INFECTION!
- Apply sunscreen daily beginning the day of treatment and be vigilant. We have several options for continued and tinted sunscreens at the spa that we highly recommend. In our beautiful climate, there is never a safe time not to use sunscreen on your resurfaced skin. You should wear a hat and clothing that covers the treated area if direct sun exposure is necessary.
- It is usually possible to wear makeup after the peeling process.
- Avoid strenuous exercise and sweating until after the skin has healed.

**When to call us:**

There may be some swelling immediately post-treatment; in case of excessive swelling or any of the following signs of infection, please contact the office directly.

**The next are signs of infection:**

- Pus-like drainage
- An increase in warmth at or around the treated area
- A fever of 101.5 or higher
- Extreme itching