

**Dubuque ENT**  
**RF Microneedling instructions**

Contraindications    Pacemakers    Severe heart disorders    Metal Implants  
Fat Metabolism disorders    Medications affecting skin    Suspicious lesions  
Pregnant/possibly pregnant or breastfeeding    Body piercing in treatment area  
Autoimmune disorders    Diabetes    Blood thinners    Clotting Disorders

**Pre Treatment Instructions**

- It is important to be well hydrated because the energy reacts with the water in the skin. The better you are hydrated, the better result you will have
- Avoid NSAID medication such as aspirin, ibuprofen, and naproxen for at least one week prior to treatment. These can interfere with the important inflammation process that heals the skin
- Tylenol may be taken prior to treatment to ease discomfort
- If you have a history of cold sores, we may pre-treat with preventative medication
- Stop topical medications such as retinol and acids (glycolic, alpha hydroxy) several days prior to treatment
- Do not apply makeup on the day of treatment. Cleanse the skin thoroughly ahead of treatment
- Avoid alcohol 24 hours prior

**Post Treatment Instructions**

- Depending on the strength of treatment, there may be a range of downtime from 1-3 days.
- Expected side effects include redness, mild discomfort, pinpoint bleeding, bruising, and swelling. You may see a grid in the skin, and you may or may not see much peeling.
- It is okay to use an icepack for comfort, but do not use this excessively. Some swelling is a good thing and helps to improve the results
- To help with swelling, you may sleep with your head elevated
- Keep the area covered at all times with aquaphor or vaseline. Do not let it dry out
- Do not pick at any scabs or peeling skin. This could cause scarring
- Avoid any direct sun exposure for one week. After that, it is important to strictly use a physical sunscreen (containing zinc oxide and titanium dioxide) when outside for a month.
- Avoid any makeup for at least 24 hours, after that time a mineral makeup may be worn.
- Avoid alcohol for several days after treatment

**What results can I expect**

- Oftentimes the swelling in the skin will cause some initial tightening and reduction of wrinkles, lines, and acne scarring which will fade as the swelling resolves.
- Likely, a series of three treatments spaced one month apart will be recommended
- After this, the skin will continue to heal, tighten, build new collagen, and improve in appearance for an additional 6 months. Because of this, we do not judge the results prior to that time