



Genius RF Microneedling

Pre and Post Care Instructions + What to Expect Following the Procedure

PRE-CARE INSTRUCTIONS

- Avoid Sun/Sun tanning a couple days prior to treatment. Do not come in with a sunburn or recently tanned skin.
- Drink plenty of water 1-2 days leading up to the appointment. The more hydrated you are the more comfortable the treatment will be.
- Avoid caffeine 5 hours prior to the appointment.
- Avoid working out 5 hours prior to the appointment.
- Discontinue Retinol and AHA's 8 full days prior to appointment.
(If client is on any oral medications for skin conditions, please inform Confidence Med-Spa @ least 2 weeks prior to your appointment.)
- Discontinue Aspirin or any other anticoagulants 72 hours prior, unless told otherwise by Confidence Med-Spa staff.
- No client with metal plates around the treatment area or a pacemaker will be treated.

POST-TREATMENT PATIENT INSTRUCTIONS

- Cooling is allowed if needed with a towel-wrapped ice pack
- Cleanse and Apply post-treatment moisturize at least 2x per day for 72 hours or per Confidence Med-Spa staff.
- Avoid harsh topical products or alcohol based toners for two weeks.
- After 48 hours patients can resume their normal skin care regimen or as directed by Confidence Med-Spa staff.
- Avoid vigorous activity, excessive heat for at least one week.
- Completely avoid sun exposure the first 2 days post procedure and beginning on the third day, apply a broad spectrum UVA/UVB sunblock with an SPF of 30+
- Until the skin returns to normal, when outdoors always use an umbrella, hat or other available protection against sunlight, as UV from the sun, even on a cloudy day, may cause hyperpigmentation on the treated area.

The next treatment will be a minimum of 3 weeks later and four to six weeks is typical interval between treatments

Most patients achieve best results with two to four treatments

EXPECTED SKIN REACTIONS AND RESULTS

- ★ 1–3 days post-treatment: Redness and transient edema, skin begins to turn to a condition similar to before treatment.
- ★ 2 days- 2 weeks post-treatment: Skin may feel tighter. Redness and microdots may take 1–2 weeks to completely resolve.
- ★ 1 day -2 weeks post-treatment: Mild crusting or brown microdots might be noted 1 – 5 days but can sometimes take up to 2 weeks to completely clear. Do not pick! Crusts and/or brown dots will disappear naturally with daily face washing. Soaking skin in the shower for 10-15 minutes and rubbing very gently with a washcloth can help with sloughing.
- ★ 3 days - 2 weeks post-treatment: Brighter skin tone and significant reduction in sebum secretion in oily skin types.
- ★ 1 month Post-Treatment: Improvement of skin smoothness.
- ★ 1-6 months Post-Treatment: Skin improvement continues for up to 6 months post tx.
- ★ If blistering is evident, cool the skin immediately and discontinue treatment.
- ★ Discontinue treatment if excessive swelling, bruising or prolonged bleeding skin reactions occur.
- ★ Other less common skin reactions include petechia which fade in a few days or bruising which can take up to a week to disappear, both of which are rare but also nothing to be concerned about and will resolve.
- ★ Other skin reactions include irritation, itching, and burning sensation. These typically subside in a few hours to 1 day, but may get re-aggravated with heat or sweating. If these reactions continue please call Confidence Med-Spa and discontinue your personal skin care regimen