

Element

Medical Aesthetics

80 Main Street | New Canaan, CT | 203.594.1907 | hello@elementct.com

GENIUS RF MICRONEEDLING PRE + POST CARE

PRE TREATMENT INSTRUCTIONS

- Ensure that you are drinking at least 64oz of water 2-3 days prior to the procedure to ensure the best results.
- Avoid alcohol, blood thinners, anti-inflammatories (Aleve, aspirin, ibuprofen) 3-7 days before treatment.
- Arrive 60 minutes ahead of your scheduled procedure time to begin the numbing process (unless you are numbing at home).
- On the day of treatment, wash your face and do not apply any makeup, lotions, or other cosmetics.
- Discontinue exfoliation 3-5 days before treatment.
- Discontinue retinol, retinoids, tazarotene, and adapalene one week prior to treatment.
- Limit UV exposure 2 weeks prior to and after your treatment.
- Stop any type of depilatory treatments (waxing, depilatory creams) to the area of treatment, 2 weeks prior to or after your treatment.
- Stop electrolysis, and any type of laser treatments (laser hair removal, IPL) to the area of treatment 2 weeks prior to and after your treatment.

POST TREATMENT INSTRUCTIONS

- Patients may experience redness, swelling, and burning sensation for 1-2 hours immediately after the treatment. Cooling with an ice pack can provide relief to the treated area. Do not apply ice directly to the skin. Redness and swelling may persist for up to a week.
- Mild crusting might be noted 1-5 days following treatment. Crusts will disappear naturally in several days. Do not pick at the crusts.
- It is normal to see a grid-like pattern post-treatment.
- Avoid retinol and AHA after treatment for 1 week.

- Avoid excessive sweating for the first 48-72 hours post-treatment or until initial healing has occurred. Increased redness may result from any activity that increases blood flow or body temperature (e.g. alcohol consumption, exercise, and sauna).
- Avoid using cosmetics containing alcohol for at least 1 week after treatment.
- For at least 20 days after treatment, apply a broad-spectrum sunblock daily with SPF of at least 30. Use an umbrella, hat or any other available protection against sunlight while spending time outdoors.

FOLLOW-UP TREATMENT

- Most patients achieve best results with 2-4 treatments. You may schedule your next treatment in 4 weeks.
- Series of 3 sessions recommended for maximal results.
- Please contact us with any questions or concerns you may have.