

GENIUS PRE + POST CARE

Before Your Treatment — Pre-Care Instructions

- Discontinue active ingredients — Stop retinol, tretinoin, AHAs, BHAs, benzoyl peroxide, and all exfoliating products for at least 5-7 days before your treatment.
- Avoid sun exposure — Stay out of direct sun and avoid tanning beds for at least 2 weeks prior. Treating tanned or sun-damaged skin increases the risk of hyperpigmentation and complications.
- Avoid blood-thinning medications & supplements — If medically safe to do so, avoid aspirin, ibuprofen, fish oil, vitamin E, and alcohol for at least 5-7 days before to minimize bruising and pinpoint bleeding.
- No waxing or other skin treatments — Avoid waxing, threading, chemical peels, laser treatments, and other facial procedures for at least 2 weeks beforehand.
- Skip exfoliation — Do not use scrubs, exfoliating masks, or cleansing brushes for at least 5 days prior.
- Arrive with a clean face — Come with no makeup, sunscreen, or skincare products on the day of your appointment. A topical numbing cream will be applied by your provider prior to treatment.
- Stay well hydrated — Drink plenty of water in the days leading up to your appointment — hydrated skin responds better to treatment and heals more efficiently.
- Avoid alcohol — Do not consume alcohol for at least 24-48 hours before your appointment to reduce inflammation and bruising risk.
- Disclose full medical history — Inform your provider of all medications, supplements, skin conditions, pacemaker or metal implants, history of keloid scarring, active breakouts, autoimmune conditions, or isotretinoin (Accutane) use within the past 12 months.

After Your Treatment — Post-Care Instructions

- Expect redness and swelling — Redness, warmth, mild swelling, and a sunburn-like sensation are completely normal immediately after treatment and typically resolve within 24-72 hours.
- Keep skin clean and moisturized — Gently cleanse with a mild, fragrance-free cleanser and apply a soothing, fragrance-free moisturizer as directed. Keeping the skin barrier supported is key during healing.
- Apply SPF every day — Your skin is highly sensitive to UV damage after RF microneedling. Use SPF 30-50 daily without exception, and reapply every 2 hours if outdoors.
- Do not touch or pick at skin — Avoid rubbing, picking, or applying pressure to the treated area. Small pinpoint scabs or texture changes are normal — allow them to shed naturally.
- Pause all active ingredients — Hold off on retinol, AHAs, BHAs, vitamin C, and all exfoliants for at least 5-7 days post-treatment, or until your provider advises it is safe to reintroduce.
- Avoid heat and sweat — Skip intense exercise, saunas, steam rooms, and hot showers for at least 24-48 hours after treatment to reduce inflammation and infection risk.
- Skip makeup for 24 hours — Allow the skin to breathe and the micro-channels to close fully before applying makeup, to minimize irritation and infection risk.
- Avoid alcohol — Do not consume alcohol for at least 24-48 hours post-treatment as it increases inflammation and impairs healing.
- Sleep with head elevated — Use an extra pillow for the first 1-2 nights to help reduce facial swelling.
- Stay hydrated — Drink extra water throughout the healing process to support collagen production and skin recovery.

Contact your provider immediately if you experience:

- Fever, chills, or signs of systemic infection
- Increasing pain, warmth, pus, or unusual odor at treatment sites
- Blistering or open wounds beyond normal post-treatment texture
- Prolonged redness or swelling lasting more than 5-7 days
- Raised scarring, significant skin texture changes, or hyperpigmentation
- Any symptoms that concern you during the healing process

Results from Genius RF microneedling build gradually as new collagen and elastin are produced. Initial improvements in skin texture and tightness may be noticeable within 2-4 weeks, with full results typically visible at 3-6 months. A series of 3 treatments spaced 4-6 weeks apart is commonly recommended for optimal skin tightening and rejuvenation.