

POST CARE INSTRUCTIONS FOR RADIO FREQUENCY TREATMENTS

- Do not touch or wash area for at least 24 hours. Treated areas may open and cause capillary bleeding if the skin is stretched or rubbed. Use a waterproof band aid in the shower on treated areas.
- Tiny scabs will appear 1-3 days after the treatment. These scabs will fall off within 15 days. To avoid infection and scarring DO NOT PICK AT OR REMOVE EXFOLIATING SKIN. Removal of scabs can cause red marks which can take several months to disappear.
- When washing treated area do not use cleansing/face cloths, sponges or brushes. Cleanse area very gently using a mild skin cleanser, no scrubs or granular particles.
- Cold compresses may be applied to treated area up to 24 hours following treatment. Do not put ice directly on the skin.
- An antibiotic cream such as Polysporin maybe used up to 4 x's a day to promote faster healing.
- Do not take aspirin for 48 hours following treatment.
- Sunscreen must be used daily to avoid hyper pigmentation. Wear a rimmed hat for outdoor activities until healing is complete.
- After the procedure avoid any sun exposure for at least 1 week including tanning salons.
- Avoid sauna, hot tubs, swimming pools, hot water and any treatments that dilate capillaries or create facial redness for 48 hours. This includes strenuous activities and exercise. An increase in blood flow may rupture the treated capillaries and cause treatment failure.
- If you wish to wear makeup apply foundation very gently using clean fingers. Avoid sponges as they often contain bacteria.
- Prevention of new vascular blemishes will be aided if you avoid 1. Alcohol 2. Spicy and hot foods 3. Direct sun exposure (use SPF 30).