

# ICONIC DERMATOLOGY

## AND COSMETIC SURGERY

### Radiofrequency Microneedling Pre and Post Care

#### Pre-Treatment Preparations

- Avoid skin irritation or intentional skin tanning. Sun-screen is advisable when outdoors during daylight hours.
- Discontinue any irritant topical agents for 2-3 days prior to treatment.
- Arrive for treatment with clean skin. There should be no lotion, make-up, perfume, powder or bath/shower oil present on the skin in the area to be treated.
- If prescribed, begin pretreatment antiviral medication 2 days prior to your treatment, and continue until rx is completed.

#### Post-Treatment Instructions

1. Wound care: For the first two days, cleanse the skin with nothing but water. On the third and following days, let soapy water wash over the skin. Tiny scabs may appear during the healing process. Please do not pick at the scabs.
2. Avoid Sun Exposure: Protect the treated area from direct sunlight and UV exposure for at least one week following the procedure. If sun exposure cannot be avoided, use a broad-spectrum sunscreen with SPF 30 or higher.
3. Avoid Harsh Skincare Products: Refrain from using exfoliating agents, retinoids, or other harsh skincare products for at least one week after radiofrequency microneedling. These products may irritate the skin and interfere with the healing process. Instead, follow the recommended skincare regimen:
4. Avoid Excessive Heat: Avoid hot showers, saunas, steam rooms, and intense physical activity that may cause excessive sweating for the first 48 hours post-procedure. Heat can increase inflammation and prolong the recovery process.
5. Stay Hydrated: Drink plenty of water to stay hydrated and support the body's natural healing process. Hydration is essential for maintaining healthy skin and optimizing results.
6. Be Gentle: Avoid picking, scratching, or rubbing the treated area as this can increase the risk of infection, scarring, or other complications. Let the skin heal naturally.
7. Follow Up: Attend any scheduled follow-up appointments with your practitioner to assess the results and address any concerns or questions you may have.
8. Be Patient: Results from radiofrequency microneedling may take up to 6 months after last treatment to fully manifest as collagen remodeling occurs gradually. Be patient and consistent with your skincare routine to achieve optimal outcomes.
9. Contact Your Practitioner if: you experience any unusual or persistent symptoms such as excessive swelling, acne breakouts, redness, pain, or signs of infection. Contact your practitioner immediately for further evaluation and guidance.

Following these post-care instructions can help optimize the results of your radiofrequency microneedling treatment and promote a smooth and successful recovery.

**Anand Haryani, MD, MBA & Divya Haryani, MD**

Board Certified Dermatologists

P: (772) 217-5362 • F: (772) 218 7267 • 8745 N US 1, Sebastian, FL 32958 • [www.iconicderm.com](http://www.iconicderm.com) • [info@iconicderm.com](mailto:info@iconicderm.com)