

Pre and Post Radiofrequency Skin Tightening Instructions

Pre Skin Tightening

- **Do NOT undergo the procedure if you have a PACEMAKER, INTERNAL DEFIBRILLATOR, OR ANY ACTIVE IMPLANTED DEVICE.**
- **Do NOT** undergo any skin peel or laser procedures for 2 weeks prior to the procedure.
- **Do NOT** wear any make-up, lotions, or creams on the treatment area on the day of treatment.
- If you have a history of cold sores, **please DO** let the nurse or physician know.
- **DO** hydrate well the day of and day after treatment as this will result in a more comfortable and effective treatment.

Post Skin Tightening

- **DO** hydrate well after treatment as this may produce a better result.
- **DO NOT** vigorously rub the skin after treatment, **DO** gently wash your face and continue with your usual skincare routine.
- **Do NOT** undergo laser treatments, chemical peels, waxing, the use of depilatories, or microdermabrasion for 3-4 weeks after treatment.
- **DO** wait 7 days before resuming the use of Retin-a (tretinoin), Renova, Differin, Tazorac, Ziana, Veltin, Atralin, glycolic acids or any other exfoliating agents such as a Clarisonic Brush.
- **DO** expect some possible tenderness, swelling, warmth, and redness on the treated areas for a few days to a week after treatment.
- **DO sleep on two pillows** for the first 24-48 hours post treatment to decrease swelling.
- If you were instructed to take an antiviral medication, **DO** complete the prescribed course.
- **DO** schedule your next treatment as 2-4 treatment intervals of 1-2 weeks maximizes results.

We want you to have an outstanding result. If you have any questions or unexpected concerns, please call the office for assistance. A physician can always be reached after hours for urgent issues.