

Pre & Post Care for RF & Microcurrent Treatments

IMPORTANT MEDICAL NOTICE

DO NOT undergo RF or Microcurrent treatment if you have any of the following:

- A pacemaker or internal defibrillator
- Are currently on blood thinners
- Have a history of seizures
- Any active implanted device

Pre-Treatment Guidelines

Sun Exposure:

- Avoid direct sun and tanning (beds or self-tanners) for 2 weeks prior to treatment.
- Postpone treatment if you have a sunburn or active sun irritation.

Product Usage:

- Stop using retinoids (e.g., Retin-A), glycolic acids, or harsh skincare products 3-5 days prior.
- Avoid chemical peels, microdermabrasion, and waxing for at least 2 weeks.
- No laser treatments or depilatory creams for 2-4 weeks before or after.

Injectables:

- Wait at least 2-4 weeks after dermal fillers or wrinkle injections before undergoing RF or Microcurrent.

Hydration:

- Drink plenty of water before and after treatment for optimal results.

On the Day of Treatment:

- Arrive makeup-free, if possible.
- Avoid alcohol for 24 hours before your appointment.
- If you're on blood thinners, consult with your physician before stopping any medications.
- Consider your menstrual cycle, as some women may feel more sensitive during this time.

Post-Treatment Guidelines

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What TO DO:

- Drink plenty of water for continued hydration.
- Wash your face gently and continue your regular skincare (unless directed otherwise).
- Use 2 pillows when sleeping for the first 24-48 hours to reduce swelling.
- Follow any prescribed antiviral medication to completion, if applicable.
- Expect mild tenderness, swelling, warmth, or redness for a few days post-treatment.
- Schedule your next treatment: 2-4 sessions spaced 1-2 weeks apart are recommended for best results.

What to AVOID:

- No vigorous rubbing or massaging of treated areas.
- Do not undergo laser, chemical peels, waxing, depilatories, or microdermabrasion for 3-4 weeks.
- Avoid retinoids (Retin-A, Tretinoin, etc.), glycolic acid, and exfoliating tools like the Clarisonic for at least 7 days.
- Do not use any at-home RF or Microcurrent devices during your treatment series.

Need Support?

We want you to have an outstanding result. If you have any questions or unexpected concerns, please call the office.