



Secret RF Post Treatment Instructions

- * Wait at least 4 hours before washing face or applying skincare products or makeup to the treatment area
- * Avoid sun exposure and use a broad spectrum (UVA/UVB) sunscreen to prevent further sun damage
- * Avoid heat - hot tubs, saunas, etc. for 1-2 days
- * Avoid skin irritants (examples below) a few days before and after treatment Products containing tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, scrubs & astringents, etc.
- * Bruising may occur and resolve with time (7-14 days)
- * Redness & swelling is very common, and means that there is a lot of new healthy collagen, elastin and skin cells being produced. This is a GOOD thing! This can last up to 2 weeks.
- * More aggressive treatments or use of irritants in the days prior to or after treatment can lead to longer downtime
- * Multiple treatments are required for optimal results
- * Notify clinic of any concerns (blistering, excessive redness/swelling, etc.)

How to use your skincare products -

TWO WEEKS BEFORE YOUR TREATMENT

Cleanse twice a day

SkinMedica TNS Essential Serum twice a day

Alastin Nectar twice a day

SkinMedica Retinol 0.25 (stop using two days before your treatment) at bedtime only

Sunscreen - EVERY DAY

AFTER YOUR TREATMENT

Cleanse twice a day

SkinMedica TNS Essential Serum twice a day

Alastin Nectar twice a day ONLY UNTIL SKIN IS BACK TO NORMAL.

SkinMedica Retinol 0.25 START WHEN YOUR SKIN IS BACK TO NORMAL

Sunscreen - EVERY DAY