



## **Microneedling Pre-Treatment Instructions**

### **BEFORE YOUR TREATMENT:**

- Do not wear makeup on the day of treatment
- Excess hair may need to be shaved. Men should be cleanly shaved
- No sun-tanning or self-tanners 4 weeks prior to treatment
  - Includes spray tans, tanning lotions, tanning beds, sun exposure, etc.
- Avoid skin irritants (examples below) a few days before and after treatment
  - Products containing tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, Vitamin C/ascorbic acid, astringents, etc.
- Avoid treatments that may irritate the skin for 1-2 weeks prior to treatment (waxing, depilatories, etc)
- Please notify us if you have a history of cold sores, as you may require pretreatment with medication prior to your Secret RF treatment.
- Notify clinic with any changes to your health history or medications since your last appointment
- History of herpes or cold sores may require an anti-viral prescription prior to treatment