



RECOMMENDED PRE & POST CARE FOR RF MICRONEEDLING TREATMENTS

For best results please follow these 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.

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

AFTER YOUR TREATMENT:

- Immediately post-treatment we may apply gauze soaked in isotonic saline solution to the treatment area and let sit for 5-15 minutes

- For your comfort, you may apply a light unscented moisturizing cream as needed. We recommend SkinCeuticals Epidermal Repair Cream.

- Wait at least 4 hours before washing face or applying soap, cream or makeup to the treatment area

- Apply sunblock every 3 to 4 hours for a minimum of 2 weeks to a month after your procedure to help prevent UV-induced pigmentation. We recommend SkinCeuticals, Tizo or ColorScience brand. Remember, UV rays pass through car and house windows. Wear sun protection even if it is cloudy outside. Exposure to UV rays can cause the skin to hyperpigment (darken)

- 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, vitamin C/ascorbic acid, astringents, etc.

- Bruising, redness, swelling or a grid pattern may occur and resolve with time

More aggressive treatments or use of irritants in the days prior to or after treatment can lead to longer downtime

- Multiple treatments are required

Phone

226-909-3590

Address

1415 1st Ave West, Suite #3004
Owen Sound, On N4K 4K8

Email

info@profilemc.ca

- Notify the clinic of any concerns (blistering, excessive redness/swelling, persistent grid pattern, etc.)
- Consult with clinic about when to resume skin care regime
- Book your follow up for 2 weeks after your treatment.