

Microneedling/Vivace RF Microneedling

Before your treatment:

- Avoid blood thinning medications (Ibuprofen, Motrin, aspirin, advil, naproxen) for 7 days if possible.
- Avoid retinoids, hydroquinone, topical antibiotics, exfoliants, and benzoyl peroxide for 3 days prior.
- Avoid accutane for 6 months.
- Avoid laser procedures 7 days prior.
- Avoid shaving the day of your procedure.
- Avoid sun bathing and prolonged sun exposure. Please use sun protection.
- Please come to your appointment well hydrated.
- If you are prone to cold sores, please let our office know so that we may provide you with an anti-viral medication prior to your treatment.

After your treatment:

- Immediately after your treatment, you should expect some redness, swelling, sensitivity, and possible bruising which can last 2-3 days. This is a good time to use the Rozatrol serum from ZO Skin Health which will improve redness and skin sensitivity.
- Keep the serum on the skin for a minimum of 4 hours. You can also sleep with the serum on your skin. Then you can rinse with cool water, wash with a gentle cleanser (we recommend the Gentle Cleanser from the ZO skin health, and apply a gentle moisturizer.
- You may experience skin dryness and flaking from days 2-7 which is due to skin cell turnover. You may apply a hydrating cream like the ZO Skin Health Hydrating Creme.
- Avoid strenuous exercise and alcoholic beverages for 6 hours.
- Avoid aggressive exfoliants for 7 days.
- Wear sunscreen daily, minimum spf 30 and reapply every 2-3 hours.
- Cleanse face with gentle cleanser only for 7 days. You may resume your regular skin care regimen after 7 days.
- You may take Tylenol as needed for any soreness.
- You may wear makeup 24h after your treatment but the longer you can go without makeup, the better.



If you have any questions or concerns, please give us a call at 909-793-2020 or text 909-787-2074