

SANCTUARY

DERMATOLOGY

Proper pre-care is essential to achieving optimal results from your treatment. If there are any outstanding questions after reading the information below, please do not hesitate to call us at (504) 454-2997.

RF MICRONEEDLING PRE CARE INSTRUCTIONS

- Discontinue use of retinoids twelve (24) hours prior to treatment.
- Avoid sun exposure before and after your procedure.
- On the day of the treatment, please thoroughly wash your face and do not apply any make-up, lotions, sunscreen or any other cosmetics to the skin of the treatment area prior to arrival.
- If you are taking a blood thinner, aspirin or any other medication that you have the propensity to bleed easily while on, please tell your aesthetician. Do not stop these prior to your treatment.
- If you are planning to receive Botox or Dysport, make sure that you give yourself at least 2 weeks post injections before receiving your RF Microneedling procedure.
- If an active or extreme breakout occurs before treatment, please consult your physician.
- Wait 6 months following oral isotretinoin use.
- If you have a history of cold sores, we recommend oral anti-viral prophylaxis, as recommended by your doctor, on the night before and on the day of treatment.
- Plan to arrive 30 mins early. We will apply a topical anesthetic 30 mins prior to your treatment.

Maximizing Benefits of Your Treatment

Our skin care specialists will review and compose a simple, customized skin care regimen for you to begin before your treatment as well as once your skin has healed to maintain the desired results. A quality, daily home skin care regimen will ensure that you maximize and maintain the benefits of your treatment.

Feel free to bring your
earbuds or headphones.
Our iPads will be
available for your
entertainment while you
wait for your procedure.

Treatment Recommendations

For best results, 3 treatments is recommended, depending on the patient.

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Proper post-care is essential to achieving optimal results from your treatment. If there are any outstanding questions after reading the information below, please do not hesitate to call us at (504) 454-2997.

RF MICRONEEDLING POST CARE INSTRUCTIONS

- Immediately post treatment, we may apply an ice pack to calm the skin down, if needed.
- We may apply a healing enhancing serum and moisturizer post treatment.
- You may experience mild scabbing 1-5 days following treatment. Scabs will disappear naturally in several days. Please do not pick at the scabs. Soaking your skin in the shower for 10-15 minutes and rubbing very gently with a soft washcloth can help with sloughing.
- Please avoid harsh topical products containing any exfoliants, AHA/BHA, glycolic acid, lactic acid, retinoids or alcohol-based toners for two weeks. Otherwise, after 24 hours, you may resume your normal skin care regimen or as directed by your physician.
- Please avoid vigorous activity, excessive heat, or sun exposure for at least 1 week.
- Please avoid sun exposure for the first day and beginning on the second day, apply a non comedogenic, broad spectrum UVA/UVB sunblock with SPF of at least 30, daily. Until the skin returns to normal, when outdoors, always use an umbrella, hat or other available protection against sunlight.
- Please wait a minimum of 3 weeks for your next treatment. Usually 4-6 weeks is typical between treatments.

Treatment Recommendations

For best results, 3 treatments is recommended, depending on the patient.

Maximizing Benefits of Your Treatment

Our skin care specialists will review and compose a simple, customized skin care regimen. A quality, daily home skin care regimen will ensure that you maximize and maintain the benefits of your treatment.