

## Radiofrequency Microneedling

Following your RF treatment we advise the following:

- Wash treated areas with mild products and pat dry for the first 48 hours
- Avoid sun exposure & protect your skin with UV protection and SPF 30+ for the next 4 weeks
- Do not exfoliate the treated areas for a week post treatment
- Stay hydrated by drinking lots of water
- Use Aloe Vera gel or a cold compress to soothe the skin
- Avoid fragranced lotions or perfumes on the treated areas
- Stop all hair removal methods except shaving for 2 weeks post treatment
- You can resume retinol products & similar 2 weeks post treatment

After the procedure some other common injection-related reactions might occur.

These reactions include redness, swelling, pain, itching, bruising and tenderness at the injection site.

They have generally been described as mild to moderate and typically resolve spontaneously after a few days after injection. Bruising may occasionally be more significant.

If you have any concerns following treatment, do not hesitate to contact us on 07907 005255. If this is outside of normal hours, please leave an answerphone message and we will normally get straight back to you.