



## Scarlet RF and Automated Microneedling Pre and Post Procedure Care

### Pre Treatment Instructions & Precautions

Prior to the procedure, please observe the following:

- No auto-immune therapies or products **1 week prior** to your procedure. **Please discuss all medical conditions, treatments and medications (including topical) with your provider before treatment.**
- No prolonged sun exposure to the face **1 week prior** to your procedure. The Microneedling treatment will not be administered on sunburned or excessively tanned skin.
- On the day of the procedure, please keep your face clean and do not apply any makeup.
- **If an active or extreme breakout occurs, or a cold sore develops before treatment, please reschedule your procedure.**
- For Microneedling: *No Retin-A* products or applications **3 days** prior to your procedure
- For Scarlet RF: *No Retin-A* products or applications **1 month** prior to your procedure

### For Scarlet RF Only

- No NSAIDs or Blood Thinners for 1 week prior to Scarlet RF procedure
- No chemical peels for 6 weeks before a Scarlet RF procedure
- No invasive ablative lasers (ie: CO2 or Sublation) for 12 weeks before Scarlet RF procedure
- No non-invasive /non-ablative lasers (ie: IPL, Affirm) for 3 weeks before the RF procedure
- No hair perms, hair dye, or bleaching of hair for two weeks before Scarlet RF procedure if having the scalp area treated

### Products for Post-Treatment Aftercare

The following products are recommended for all Scarlet RF/Microneedling procedures. Products are discounted 15% for procedure.

- **Avene SOS Complete Skin Care Kit** (for ablative procedures). The kit includes: **Tolerance Extreme Cleansing Lotion**, **Tolerance Extreme Cream Moisturizer**, **Thermal Spring Water**, **Cicalfate Restorative Skin Cream** and **Mineral Ultra-Light Hydrating Sunscreen SPF50+**.

### Post Treatment Instructions & Precautions

**After your Scarlet RF/Microneedling procedure, please be aware and observe the following:**

- Immediately after your treatment, you will look as though you have a moderate to severe sunburn and your skin may feel warm and tighter than usual. This is normal and will subside usually within 72 hours. You may experience dry, peeling or flaking skin for one week or more.
- **Wait at least 12 hours** post treatment to cleanse the treated area. After 12 hours, cleanse the skin with **Tolerance Extreme Cleanser**. Afterwards, saturate the Facial Compress with **Thermal Spring Water** and place over the treatment area for 15 minutes. Mist the compress as needed to keep it moist. This will help reduce heat and redness.
- After cleansing (for the first three days), apply a layer of the **Cicalfate Restorative Skin Cream** to the treated area. The **Cicalfate** may be thinned down by mixing it with the **Thermal Spring Water**. Apply additional

layers as needed for excessive dryness or itching. It is normal for you to feel tight and dry post procedure. Liberally mist the treated area with **Thermal Spring Water** whenever needed to help reduce dryness during these three days.

- Beginning on day four post-procedure, apply the **Thermal Spring Water** and then a layer of the **Tolerance Extreme Cream after cleansing the area**. These products will restore moisture to the skin from this point on.
- Sun protection must be applied daily. Apply the **Mineral Ultra-Light Hydrating Sunscreen SPF 50+** to protect your skin. *Melasma clients must take **extra precautions to avoid post treatment sun and heat**.*
- **Wait 24 hours post procedure** to apply makeup. (Over)
- **DO NOT** use steam rooms, saunas, hot tubs, or take hot showers for 48-72 hours post treatments. Melasma patients should avoid all heat on skin.
- No exercising or strenuous activity for the first 24 hours post-treatment. Sweating and gym environments are **rife with bacteria and may lead to adverse reactions**.
- Active skincare products (i.e. Retin A, Glycolic Acids or Benzyl Peroxide) may be resumed 1 week post procedure, depending on sensitivity of the treatment area(s). Follow your provider's instructions on when to resume use of active products or the **Clarisonic** facial brush.
- Wait 4 weeks post procedure or until the treatment area is healed before scheduling any other skin care procedures.
- **Microneedling** can be repeated within 4 weeks after previous treatment.
- **Scarlet** RF can be performed 6-12 weeks after previous treatment.
- Your eyes may feel dry after the Scarlet RF procedure. You can use over-the-counter lubricating eye drops.
- If you experience any burning, itching, or skin irritation; please remove all product(s) from the treatment area and **contact your provider at (970)282-8266**.

**\*Refer to the PRP Post Treatment Document for additional instructions for Microneedling with PRP treatments.**