

RECOMMENDED PRE & POST CARE FOR SECRET RF TREATMENTS

For best results please follow these instructions

***NOTE: THIS PATIENT PRE & POST CARE TEMPLATE IS PROVIDED “AS IS” AND IS INTENDED FOR INFORMATIONAL PURPOSES ONLY. THE PHYSICIAN SHOULD REVIEW AND CUSTOMIZE.**

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, apply gauze soaked in isotonic saline solution to the treatment area and let sit for 5-15 minutes
- After saline solution soak, apply a post-procedure product if desired
- Wait at least 4 hours before washing face or applying soap, cream or makeup to the treatment area
- Avoid sun exposure and use a broad spectrum (UVA/UVB) sunscreen to prevent further sun damage
- 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
- Notify clinic of any concerns (blistering, excessive redness/swelling, persistent grid pattern, etc.)
- Consult with clinic about when to resume skin care regime

- Additional instructions: _____

Clinic: _____

Contact at Clinic: _____

Clinic Phone Number: _____

Share your positive treatment experience by posting treatment reviews and before & after images on RealSelf @<https://www.realself.com/review/write/>