



PRE AND POST CARE INSTRUCTIONS SCARLET RADIOFREQUENCY MICRONEEDLING

Pre Treatment

- Do not wear makeup or contact lenses the day of your treatment.
- It is safe to exercise, eat and drink prior to your appointment.
- If an active or extreme herpes breakout occurs before treatment, please consult your provider.
- If you have a history of cold sores, we recommend taking an anti-viral medication starting 1 day prior to your treatment. Follow your prescription instructions post procedure. See your provider if you require a prescription.
- Avoid blood thinning agents such as NSAIDS or Fish Oil capsules to minimize the potential for bruising, unless the medications involved are prescribed for the treatment of a medical condition for 1 week.
- For patients receiving a scalp treatment (for a brow lift), avoid coloring or perming your hair 1 week prior to treatment and avoid tanning beds or prolonged sun exposure.
- For males: Shave the night before or morning of treatment.
- Avoid retinol or Retin-A® products for 1 month prior to treatment.

6-12 weeks before receiving treatment, please avoid the following:

- Avoid any invasive laser treatment or chemical peels for 3 months prior to treatment..

Post Treatment

- Following your treatment, your skin may feel drier than normal. Your provider will recommend the appropriate post product to maintain hydration as needed.
- Avoid intentional and direct sunlight for the duration of the healing process.
- Make-up should not be applied for 24 hours after the procedure.
- No tanning beds.
- Use a gentle cleanser and tepid water to cleanse the face and gently dry the treated skin for 24 hours after treatment. Always make sure that your hands are clean when touching the treated area.
- If make-up is desired, we recommend using mineral foundation over cream based formulas. It is important to apply it with clean hands and/or clean brushes.
- Do not do any strenuous activity or exercise for 24 hours as sweating can cause extreme irritation and may cause adverse reactions.
- Avoid from using any deep exfoliation such as scrubs, Retinols, Retin-A®, Alpha or Beta Hydroxy acids, or anything perceived as 'active' skin care for at least one week post treatment.

- You may resume your normal skin care regimen as long as the skin has completely healed. If you are experiencing residual irritation, swelling, blistering or redness please contact the clinic immediately.

Please contact your provider immediately if you notice any blistering, rash, crusting, pus, tenderness or any other changes that may concern you.

**We want you to be completely happy with your visit to Eterna!
Call the office with any questions or concerns 253.268.3400 or after hours 253.466.5011.**

**If you are pleased with the service you received today, we invite you to post a review on
Yelp or Google.**