



## **PRE AND POST CARE INSTRUCTIONS AGNES RF MICRONEEDLING**

### **Pre Treatment**

- Avoid the sun or sunless treatment products 4 days prior to your treatment.
- Avoid blood thinning agents such as NSAIDS (non-steroidal anti-inflammatory drugs like Aspirin, Motrin, Advil, Ibuprofen or any other non-Tylenol, non-acetaminophen product) or Fish Oil capsules for 1 week prior to treatment.
- Avoid coloring or perming your hair for 1 month prior to treatment if you are receiving a scalp treatment.
- Avoid Retinol or Retin-A® products and other topical medications for 1 month prior to treatment.
- Avoid invasive laser treatment or chemical peels 1-3 months prior to treatment.

### **Post Treatment**

- Keep the dressing on before removing gently 24 hours after treatment. A Q-tip saturated with isopropyl alcohol can be used to dissolve the adhesive. Start at the borders and gently roll back the dressing. Cleanse the skin with gentle cleanser.
- After receiving Agnes RF, there may be some bruising and pinpoint scabs, which can be treated with an ice pack to reduce the swelling and discomfort.
- Do not pick or rub hard on the treated area.
- For acne treatments, you can expect mild redness for up to three days. It's perfectly fine to use makeup to conceal the redness in 24 hours. You can resume your normal makeup routine after 3 days.
- During the first week, you may experience some swelling and redness. After this, the redness and swelling will subside over the next few days. In some cases, with deeper treatments, you may experience numbness in the treated area for up to four weeks.
- Avoid deep exfoliation or retinol products for 7-10 days after treatment.
- For deep wrinkles and eye bags, you can expect recovery time to last up to two weeks.

**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 at  
253.466.5011.**

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