



Pre and Post Radiofrequency Skin Tightening Instructions

Pre Skin Tightening

- Do NOT undergo the procedure if you have a PACEMAKER, INTERNAL DEFIBRILLATOR, OR ANY ACTIVE IMPLANTED DEVICE.
- Do NOT undergo any skin peel or laser procedures for 2 weeks prior to the procedure.
- Do NOT wear any make-up, lotions, or creams on the treatment area on the day of treatment.
- If you have a history of cold sores, please DO let the nurse or physician know.
- DO hydrate well the day of and day after treatment as this will result in a more comfortable and effective treatment.

Post Skin Tightening

- DO hydrate well after treatment as this may produce a better result.
- DO NOT vigorously rub the skin after treatment, DO gently wash your face and continue with your usual skincare routine.
- Do NOT undergo laser treatments, chemical peels, waxing, the use of depilatories, or microdermabrasion for 3-4 weeks after treatment.
- DO wait 7 days before resuming the use of Retin-a (tretinoin), Renova, Differin, Tazorac, Ziana, Veltin, Atralin, glycolic acids or any other exfoliating agents such as a Clarisonic Brush.
- DO expect some possible tenderness, swelling, warmth, and redness on the treated areas for a few days to a week after treatment.
- DO sleep on two pillows for the first 24-48 hours post treatment to decrease swelling.
- DO schedule your next treatment as 2-4 treatment intervals of 1-2 weeks maximizes results.

We want you to have an outstanding result. If you have any questions or unexpected concerns, please call the office for assistance. A physician can always be reached after hours for urgent issues.