

# MICRONEEDLING

RF Microneedling is a treatment that combines microneedling with radiofrequency energy to stimulate collagen production and promote cellular turnover. The microneedling process creates controlled micro-injuries in the skin, which triggers the body's natural healing response and encourages collagen remodeling. The addition of radiofrequency energy heats the skin, further enhancing tightening and rejuvenation. This treatment is effective for addressing a range of skin concerns, including fine lines, wrinkles, uneven texture, and scarring. For optimal results, at least three treatments are typically recommended, with the most noticeable improvements appearing 3-4 months after the last treatment as cellular turnover occurs. Exosomes are applied immediately after treatment to expedite healing and promote additional collagen stimulation.

## PRE-MICRONEEDLING INSTRUCTIONS

TO BEST PREPARE FOR YOUR TREATMENT, PLEASE DO THE FOLLOWING:

1. **Discontinue topical retinoid** therapy a few days prior to treatment.
2. **Avoid prolonged sun exposure**, spray tans, or sunless tanner for two weeks prior to the procedure.
3. **Notify your provider** if you regularly take blood thinners. It is recommended to avoid anticoagulants one week prior to the procedure if possible.
4. **Notify your provider** if you have a history of cold sores (Herpes Simplex 1) to take prophylactic antiviral medication 2 days prior to the procedure and 5 days post-procedure.
5. **Arrive at your appointment** with clean skin.






## MICRONEEDLING TREATMENT

### WHAT TO EXPECT

- **Numbing:** Patients are topically numbed for 30 minutes under LED prior to treatment, and nitrous oxide (Pronox) is available for added comfort if desired. During the treatment, you may feel a pinchy sensation with each pulse.
- **Post-Treatment Sensation:** Immediately after treatment, most patients experience erythema (redness), slight to moderate edema (swelling), and a mild to moderate sunburn sensation. These symptoms may last 1-3 days. Your skin may feel warm and tighter than usual, with potential peeling for 2-7 days depending on the treatment.

# POST-MICRONEEDLING INSTRUCTIONS

## POST-MICRONEEDLING RECOMMENDATIONS INCLUDE:

-  **Topical Exosomes:** Applied immediately post-treatment, it is recommended to leave these exosomes on overnight for expedited healing. For the quickest recovery, Rion (Plated) CALM post-procedure serum can be purchased and applied throughout the recovery process.
-  **Avoid Makeup/Exercise:** Do not wear makeup or exercise until the day after treatment.
-  **Gentle Skincare:** Use gentle skincare products such as a fragrance-free cleanser, moisturizer, sunscreen, and exosomes for the first 7 days. You may resume your regular skincare regimen afterward.
-  **Sun Protection:** Avoid sun exposure and apply sunscreen daily to reduce the chance of hyperpigmentation.
-  **Follow-Up Treatments:** Multiple treatments over several months may be required to achieve the desired outcome. Collagen stimulation and cellular turnover begin around day 28 post-treatment, with noticeable results appearing at this time. Longer-term improvements in skin integrity can be appreciated 3-4 months following the last treatment.

## QUESTIONS OR CONCERNS

Please contact your microneedling provider at the office where you were treated during business hours with any questions or concerns (see below).

**AFTER HOURS-EMERGENCY on call (215) 662-4552**