

RECOMMENDED PRE & POST CARE FOR SECRET RF TREATMENTS

For best results please follow these instructions

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.
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- 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, use spray water liberally and as needed to cool and soothe the skin.
- Wait at least 4 hours before washing face or applying soap, cream or makeup to the treatment area. Use gentle products or post procedure skin care as advised by your provider.
- Avoid sun exposure and use a physical sunblock to prevent sun damage and allow the skin to heal. Avoid chemical sunscreens for 36 hours post treatment.
- Avoid heat – hot tubs, saunas, hot exercise 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 and swelling 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, etc.)