

D-Derm Aesthetics

Fractional RF Micro-Needling – Treatment Protocol

Pre-Treatment Instructions

- Discontinue the use of Retin A, Retinols, Vitamin A creams and other topic medications for **3-5** days before your Micro-Needling treatment.
- It is required that you wear a sunscreen daily and use the appropriate home care topical products
- Do not receives excessive sun exposure 2 weeks prior to treatment that includes sunbeds and self-tanning products

Post-Procedure Instructions

- No sunscreen OR makeup for 12 hours following treatment.
- Wash the face a few hours after treatment or before bedtime - Use a gentle cleanser.
- Gently massage the face with tepid water (a shower can provide an easier ability to massage the face while washing at the same time) and remove all serum and dried blood.
- 12-72 hours post-treatment mineral makeup can be applied but continue to use a gentle cleanser, hyaluronic acid serum, and physical sunblock with an SPF of 25 or higher. If a more aggressive treatment was performed, they should also be instructed to use a more occlusive balm such as Aquaphor.
- After 72 hours following treatment, clients can return to regular skin care regimen. Retinol products are strongly suggested to use for optimal results.
- Avoid alcohol-based toners for 10-14 days as well as excessive sun exposure for 10 days.

Treatment Spacing

- For treatment of Acne Scars and Skin Rejuvenation: usually 6-8 treatments are recommended 4-6 weeks apart
- For management of Stretch Marks and Surgical or Keloid Scars: 8-10 treatments are required, spaced apart every 5-6 weeks.
- More time in between treatments is suggested due to the aggressive trauma to the skin, allowing proper recovery time to avoid overstimulation.
- If scars/stretch marks are 6 months old or younger, less time in between treatments is okay.

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What to Avoid:

- Avoid intentional and direct sunlight for 24 hours.
- No tanning beds.
- Do not go swimming for at least 24 hours post-treatment.
- No exercising or strenuous activity for the first 24 hours post-treatment. Sweating and gym environments are harmful, rife with bacteria, and may cause adverse reactions.
- It is recommended that there be a 4 week interval between any microneedling treatment and botox, filler, chemical peels and laser treatment.