

RF Microneedling Post-Treatment Instructions

Medical Aesthetics Regenerative Center (MARC)

Proper aftercare following your RF Microneedling treatment is essential to promote healing, minimize discomfort, and achieve the best possible results. Please follow the guidelines below carefully.

What to Expect

- Mild redness, swelling, and discomfort are normal following treatment.
- Tiny scabs (less than 1 mm in diameter) may develop within 24 to 72 hours and remain for several days. These should not be picked, scratched, or disturbed in any way; allow them to shed naturally.
- Some patients may experience a sensation of warmth or a mild burning feeling in the treated area.

Post-Treatment Care (First 48 Hours)

- Avoid trauma to the treated skin. This includes refraining from hot baths, saunas, strenuous exercise, facial massage, exfoliating agents, and any irritating skincare products.
- Keep the area clean and avoid any exposure that may lead to contamination or infection.
- If you experience a burning sensation, you may gently spritz the area with a diluted vinegar solution (1 teaspoon white vinegar mixed with 8 ounces of water).
- Keep the skin well-moisturized to support the healing process.

Managing Swelling and Redness

- Mild swelling may occur for 1 to 3 days post-treatment. An ice pack (do not apply ice directly to the skin) may be used in 15-minute intervals, 3 to 4 times a day, for the first 1 to 2 days.
- Redness may persist for 1 to 3 days. After 12 hours, you may apply over-the-counter hydrocortisone cream 3 to 4 times daily to reduce inflammation.

Makeup and Sun Exposure

- Makeup may be applied 12 hours after your treatment.
- Avoid prolonged sun exposure and tanning beds for at least two weeks. The skin will be more sensitive and prone to irritation following treatment.
- Use a broad-spectrum sunscreen with SPF 30 or higher daily to protect your skin and maintain your results.

If you experience any symptoms that persist beyond 24 hours or worsen over time, please contact Medical Aesthetics Regenerative Center at **704-868-6100** or visit www.marc-wellness.com for further guidance or to schedule a follow-up appointment.

Thank you for choosing MARC. We are committed to supporting your recovery and helping you achieve healthy, radiant skin.