



Potenza (Radio Frequency Microneedling) Post-Care Instructions

- After the procedure, the skin will be red and flushed in a comparable way to moderate sunburn. You may also experience skin tightness and mild sensitivity to touch on the area being treated. This will diminish after a few hours following treatment. After 3 days, the most visible redness will be resolved.
- Do not scrub or exfoliate the skin. Wash with warm water and a mild cleanser only.
- Always wash your hands before touching your face, as there are micro pathways open into the dermis and hands will introduce bacteria.
- Do not apply any product or makeup to the skin for the first 12 hours post-treatment. Makeup may be applied 48 hours (about 2 days) post-treatment if the skin is not visibly broken.
- If skin feels dry or tight, apply Alastin Skin Nectar or moisturizing cream frequently.
- Avoid vigorous exercise for 48 hours (about 2 days) post-treatment. Light walking is ok.
- After the initial 48 hours of post-treatment, continue with your normal prescribed skin care regimen unless otherwise instructed by your provider. You may find that you are sensitive to products that you usually use and tolerate well. If your skin feels more sensitive than usual, cleanse with a gentle, non-acidic cleanser.
- Proper and frequent application of sunscreen is important post-treatment. The sunscreen should offer broadband protection (UVA and UVB) and have a sun protection factor (SPF) of 30 or more.
- Do not pick at tissue- doing so may result in hyper or hypopigmentation.
- If you currently have skin breakouts, you may find the condition may temporarily worsen due to inflammation or edema.
- Please call your provider for concerns regarding rash, itching, or erythema that lasts more than 24 hours.
- While you may see visible results after the first treatment, lasting and more remarkable results will be seen after 3-5 treatments spaced 4-6 weeks (about 1 and a half months) apart, supplemented by a recommended skin care regimen.

Please feel free to call our office if you have any questions regarding your treatment.

REFINE THE TRUE YOU

307 Bell Street, Suite #103, Edmonds, WA 98020 | **(425) 967-3877**
1002 Lake Street South, Suite #102, Kirkland, WA 98033 | **(360) 299-5596**