

## YOU MAY EXPERIENCE THE FOLLOWING POST-TREATMENT:

- Minimal Pinpoint Bleeding
- Mild redness
- · Minimal swelling
- Mild discomfort
- · Tingling sensation from anesthetic cream
- · Warmth and heat from RF energy
- Sensation of a sunburn

## TO ENSURE THE BEST RESULTS AFTER YOUR PROCEDURE

- Avoid makeup and sunscreen for a minimum of 24 hours post-procedure. Mineral makeup and sunscreen are recommended. Use clean makeup brushes.
- Use a mild, soothing cleanser when washing your face.
- Avoid applying 'Active' ingredients to skin for 3 days- this includes Benzoyl Peroxide, Salicylic Acid, Alpha-Hydroxy Acid (AHA), Beta-Hydroxy Acid (BHA), Retinol, Vitamin C, and Alcoholbased toners.
- Avoid direct sunlight to treated area for 48 hours after your treatment. Wear a hat and sunscreen.
- Avoid strenuous exercise for 24 hours after your treatment.
- Avoid hot tubs, saunas, and steam rooms for 5 days after your procedure.
- Use clean, disposable, breathable face masks for the first 24 hours after treatment.
- We cannot stress enough how important it is to protect your investment and to continue to improve your skin. At a minimum, the following products are recommended to start using one week post-treatment:
  - A Medical-grade topical antioxidant with growth factor:
  - No less than 30 SPF+ sunscreen
  - 0.5 or greater retinol in your daily skin care routine

Please text or e-mail our office with any questions or concerns: (440) 249 - 5516

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