Quadessy *Pre-Care*

Getting ready for RF microneedling

Well-hydrated, calm skin responds best to radiofrequency microneedling. These steps help reduce bruising and irritation.

Your *countdown*

When	What to do
2 weeks before	Avoid sun, tanning beds and self-tanner. No waxing, peels or depilatory creams on the area.
7 days before	If it is okay for you, pause ibuprofen, aspirin, fish oil and vitamin E to reduce bruising. Tylenol is fine.
3 to 5 days before	Pause retinol, tretinoin, acids, benzoyl peroxide and scrubs on the area.
24 to 48 hours before	Skip alcohol. Drink plenty of water and keep skin moisturized.

On the *day*

- **Arrive with clean skin.** No makeup, lotion, perfume or self-tanner on the area.
- Numbing cream is applied first, so please plan extra time.
- If you shave the area, shave the night before, not the day of.
- If you have ever had cold sores, tell us before your visit. An antiviral may be prescribed. Take it exactly as directed.

Please call us *first*

Call DermaGlow at 703-288-3000 before your visit if any of these apply. We may adjust your plan or find a better date:

- You are pregnant, trying to become pregnant or breastfeeding
- You have a cold sore, rash, breakout, cut or infection in the treatment area
- You feel sick, have a fever or have started a new medication or antibiotic
- You have a pacemaker, defibrillator or other electronic implant, or metal implants in the area
- You have used Accutane (isotretinoin) in the past 6 months
- You are sunburned

Never stop a prescribed medication, including daily aspirin or blood thinners, without approval from the doctor who prescribed it.

Your provider will review your health history before treatment and may share instructions specific to you. If so, please follow those along with this guide. Questions? Call DermaGlow at 703-288-3000.