



The following instructions will help you achieve the best results from your **Agnes- Radio Frequency/Micro Needling** treatment. Please take a moment to review this information prior to your treatment. If you have a history of fever blisters (cold sores), we recommend taking an anti-viral medication starting 1 day prior to your treatment. Follow your prescription instructions post procedure. See your provider if you require a prescription.

**4 days before treatment, please avoid the following:**

- Tanning beds or prolonged sun exposure

**1 Week before treatment, please avoid the following:**

- Blood thinning agents such as NSAIDS (non-steroidal anti-inflammatory drugs like Aspirin, Motrin, Advil, Ibuprofen or any other non-Tylenol, non-acetaminophen product) or Fish Oil capsules.

**If you are receiving a scalp treatment, 1 Week before treatment, please avoid the following:**

- Coloring or perming your hair

**1 Month before treatment, please avoid the following:**

- Retinol or Retin-A® products and other topical medications

**6-12 Weeks before treatment, please avoid the following:**

- Invasive laser treatment (i.e. CO2, Fraxel, Erbium, Halo) or chemical peels.

**24 hours after receiving treatment please:**

- Keep the dressing on before removing gently. A Q-tip saturated with isopropyl alcohol can be used to dissolve the adhesive. Start at the borders and gently roll back the dressing.
- Cleanse the skin with gentle cleanser.
- After receiving Agnes RF, there may be some bruising and pinpoint scabs, which can be treated with an ice pack to reduce the swelling and discomfort.
- Do not pick or rub hard on the treated area.

**3 days after receiving treatment:**

- For acne treatments, you can expect mild redness for up to three days. It's perfectly fine to use makeup to conceal the redness in 24 hours. You can resume your normal makeup routine after 3 days.

**1 week after receiving treatment:**

- During the first week, you may experience some swelling and redness. After this, the redness and swelling will subside over the next few days. In some cases, with deeper treatments, you may experience numbness in the treated area for up to four weeks.

**7-10 days after receiving treatment please:**

- Avoid deep exfoliation or retinol products.

**2 weeks after receiving treatment:**

- For deep wrinkles and eye bags, you can expect recovery time to last up to two weeks.

The Eterna Team