



The following instructions will help you achieve the best results from your **Scarlet Radio Frequency/Microneedling** treatment. Please take a moment to review this information prior to your treatment.

The day you are receiving treatment, please:

- Do not wear makeup or contact lenses.
- It is safe to exercise, eat and drink prior to your appointment.
- If an active or extreme breakout occurs before treatment, please consult your provider

1 day before receiving treatment, please avoid the following:

- If you have a history of 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.

1 week before receiving, please avoid the following:

- Blood thinning agents such as NSAIDS or Fish Oil capsules to minimize the potential for bruising, unless the medications involved are prescribed for the treatment of a medical condition.
- For patients receiving a scalp treatment (for a brow lift), avoid coloring or perming your hair.
- Avoid tanning beds or prolonged sun exposure.

1 month before receiving treatment, please avoid the following:

- Retinol or Retin-A® products

6-12 weeks before receiving treatment, please avoid the following:

- Any invasive laser treatment or chemical peels.

The day you receive treatment:

- Following your treatment, your skin may feel drier than normal. Your provider will recommend the appropriate post product to maintain hydration as needed.
- Avoid intentional and direct sunlight for the duration of the healing process.
- Make-up should not be applied for 24 hours after the procedure.
- No tanning beds.

24 hours after receiving treatment:

- Use a gentle cleanser and tepid water to cleanse the face and gently dry the treated skin. Always make sure that your hands are clean when touching the treated area.
- If make-up is desired, we recommend using mineral foundation over cream based formulas. It is important to apply it with clean hands and/or clean brushes.

- Do not do any strenuous activity or exercise for 24 hours as sweating can cause extreme irritation and may cause adverse reactions.

1 week after receiving treatment:

- Avoid from using any deep exfoliation such as scrubs, Retinols, Retin-A®, Alpha or Beta Hydroxy acids, or anything perceived as 'active' skin care for at least one week post treatment.
- You may resume your normal skin care regimen as long as the skin has completely healed. If you are experiencing residual irritation, swelling, blistering or redness please contact the clinic immediately.

We look forward to seeing you at your upcoming appointment!

The Eterna Team