



Sleep and Wellness Medical Associates, LLC

31 E Darrah Lane, Lawrenceville, NJ 08648
(609) 587-9944 • Fax (609) 587-9955

MICRONEEDLING + RADIOFREQUENCY: PATIENT INSTRUCTIONS

BEFORE TREATMENT:

- If the patient has a past history of acne breakouts or HSV lesions, also known as cold sores, they may be prophylactic medication.
- On the day of the treatment patients are expected to thoroughly wash their face and not apply any make-up, lotions, sunscreen or any other cosmetic products to the skin prior to the treatment

AFTER TREATMENT:

- Mild crusting, redness, and edema (swelling) might occur 1-5 days following the treatment. Crusts should disappear naturally in several days. Do not pick at the crusts. Soaking skin in the shower for 10-15 minutes and very gently using a soft washcloth can help with sloughing.
- Icing, light hypoallergenic moisturizers (i.e. vanicream), and alastin nectar are recommended if needed.
- It is recommended to use and reapply broad spectrum physical blocking **UVA/UVB SPF 30+** sunblock. Even on a cloudy day the UV from the sun can cause hyperpigmentation of the treated area, therefore, direct sun exposure should be avoided.
- **DO NOT APPLY** makeup or other active ingredients (Vit C, acids, retinols/oids, toners) for the first 48 hours after the treatment.
- **AVOID** vigorous activity and excess heat for at least a week.
- For most patients best results can be achieved with **two to four treatments every 4-6 weeks apart**. Consult with your provider for the treatment plan.

EXPECTED REACTIONS:

- Some of the expected skin reactions are erythema (redness), edema (swelling), transient pin-point bleeding, and very slight discomfort after the treatment. Pin-point bleeding should stop within minutes after application, discomfort within a few hours and erythema and edema gradually subside within 1-3 days.
- Crusting begins to appear 1-2 days after the treatment. This should diminish in 3-5 days.
- Other less common skin reactions include petechiae which fade in a few days or bruising (purpura) which can take up to a week to disappear. Acne flares can also occur, and while not dangerous, may be annoying. Medications can be used to treat an acne breakout, so please call if this is occurring.
- Other skin reactions include irritation, itching, and burning sensation. These typically subside in a few hours to 1 day but may get aggravated by heat or sweating. Very rarely, superficial infections can occur. If you are experiencing extreme pain, drainage, pustules, or redness, please call the office

Please call our office at (609) 587-9944 or email us at info@sleep-wellness.org with any questions or concerns

Or refer to our website www.sleep-wellness.org for further information