**Pre and Post Radiofrequency Skin Tightening Instructions**

**Pre Skin Tightening**

• Do NOT undergo the procedure if you have a PACEMAKER, INTERNAL DEFIBRILLATOR, OR ANY

ACTIVE IMPLANTED DEVICE.

• Do NOT undergo any skin peel or laser procedures for 2 weeks prior to the procedure.

• Do NOT wear any make-up, lotions, or creams on the treatment area on the day of treatment.

• If you have a history of cold sores, please DO let the therapist know.

• DO hydrate well the day of and day after treatment as this will result in a more comfortable

and effective treatment.

**Post Skin Tightening**

• DO hydrate well after treatment as this may produce a better result.

• DO NOT vigorously rub the skin after treatment, DO gently wash your face and continue with

your usual skincare routine.

• Do NOT undergo laser treatments, chemical peels, waxing, the use of depilatories, or

microdermabrasion for 3-4 weeks after treatment.

• DO wait 7 days before resuming the use of Retin-a (tretinoin), Renova, Differin, Tazorac, Ziana,

Veltin, Atralin, glycolic acids or any other exfoliating agents such as a Clarisonic Brush.

• DO expect some possible tenderness, swelling, warmth, and redness on the treated areas for a

few days to a week after treatment..

• DO schedule your next treatment as 2-4 treatment intervals of 1-2 weeks maximizes results.

We want you to have an outstanding result. If you have any questions or unexpected

concerns, please call the office for assistance.