

VIRTUE RADIOFREQUENCY MICRONEEDLING TREATMENT INSTRUCTIONS

PREPARING FOR YOUR TREATMENT

- Avoid natural and artificial sun exposure at least four weeks before each treatment.
- Use a broad-spectrum zinc oxide sunscreen of at least SPF 50+ daily.
- Stop Aspirin/NSAIDs/Blood Thinners for seven days before each treatment.
- Stop Accutane 4 months before each treatment.
- Stop your Retinoid, Retinol, AHA, and BHA 3-4 days before each treatment.
- If you have a history of HSV 1/HSV 2, start antiviral prophylaxis prescribed by your doctor 3-7 days before each treatment (especially if you have a history of herpetic outbreaks and/or undergoing a deeper or more aggressive treatment). Continue to use an antiviral for five days after each treatment. If herpetic outbreaks are rare, you can take the medication 48 hours before and continue taking it for five days after each treatment. Examples: Valacyclovir (Valtrex), Acyclovir (Zovirax), Famciclovir (Famvir)
- It is best not to treat within one month of receiving dermal fillers as it is unknown if radiofrequency microneedling can affect your filler.
- You may require pretreatment with a melanin inhibitor and must use it for 2-3 weeks before each treatment.
- If you added an Exosome Kit to your treatments, begin your DITOX Exosomes 5 days before each scheduled treatment. Cleanse with a gentle cleanser, then apply. Allow to rest undisturbed for 15 minutes. No lotions, serums, or skin care are needed with Exosomes.
- Stop skincare products if your skin appears red, dry, or peeling.
- We will not treat you if your skin is burned or compromised during this prep time.

THE NIGHT BEFORE YOUR TREATMENT

- Shave your treatment area(s) at least 24 hours before each treatment.
- Wash your hair the night or the morning before each treatment.
- If you work out, work out the night or the morning before each treatment, as you cannot for 24-72 hours.
- Please arrive at our office with clean skin (no hairspray, makeup, gels, ointments, lotions, self-tanning products, and deodorants) and no jewelry near the treatment area.
- Depending on your treatment area(s), wear a top that can button or zip up rather than one that pulls over your head.
- If treatment is being performed on your body, wear loose clothing that is easy to put on and remove.
- If you have a history of histamine responses, consider taking a non-drowsy antihistamine and a Pepcid (Famotidine). Examples: Claritin (Loratadine), Zyrtec (Cetirizine), and Xyzal (Levocetirizine). Avoid Benadryl before your treatment to avoid drowsiness during your drive.

WHAT TO EXPECT AFTER YOUR TREATMENT

24 HOURS AFTER YOUR TREATMENT

- Avoid direct sun exposure for at least three days after your treatment.
- Hold on taking Aspirin/NSAIDs/Blood Thinners for at least 24 hours after each treatment.
- **Do not** apply anything to your skin for the first 24 hours unless prescribed by your treatment provider.
- Avoid hot water for 24 hours after each treatment.
- Cleanse the treatment area with clean hands, avoiding excessive pressure, with a mild soap or gentle cleanser (Noon Aesthetics/Cerave/Cetaphil/Vashe) and blot dry.
- When taking a shower, use your hands (no loofahs, exfoliating gloves, etc.) over treatment areas, and avoid rubbing the treatment area(s) vigorously until the area has healed.
- Avoid increasing your heart rate, excessive heat, vigorous exercise, saunas, hot tubs, hot yoga, swimming pools, and steam rooms for 24-72 hours (depending on your treatment area) after your treatment.
- Sleep with your head raised (head above heart) during sleep, especially if combined with a CoolPeel treatment.
- Do not scratch, pick, or rub the skin vigorously until your skin is healed.
- If you will be outdoors, apply a zinc oxide sunscreen of at least SPF 50+ starting 24 hours after your treatment and wear a hat.
- You can apply a non-comedogenic mineral makeup 24 hours after your treatment. Examples: Bare Mineral Original Loose Powder Mineral Foundation, Neutrogena Mineral Sheers Foundation.



- **Face, Neck, Décolleté Treatment:**
 - If you added on Exosomes Kits, Apply your REIPAIR Exosomes twice daily for five days after each treatment. You can resume your skincare regimen after completing your exosomes (After ten days with DITOX).
- **Body Treatment:**
 - Apply your Skinprint firming body lotion twice daily or as needed throughout your treatment series and until any micro-scabs have resolved. If you added on Exosomes Kits, apply your REIPAIR for 5 days. If you were unable to apply DITOX before treatment, you will apply DITOX after REIPAIR. If after 10 days microscabs are still present, start Skinprint firming body lotion until they resolve. You may feel nodules (bumps) under your skin that resolve independently.

48 HOURS AFTER YOUR TREATMENT AND BEYOND

- Avoid sun exposure and wear a protective hat (especially if scabs are present) for at least two weeks to reduce the chance of hyperpigmentation (darkening of your skin).
- Continue using a zinc oxide-based sunblock with an SPF 50+ for 2-4 weeks and reapplying every 2 hours.
- Continue to cleanse with a gentle cleanser (Some examples include Noon Aesthetics Micro-Soft, Cetaphil, Cerave, and Vashe wound wash) for **at least five days** following each treatment.
- Wait ten minutes after cleansing and/or applying post-treatment products before applying an SPF 50+ zinc oxide-based sunblock.
- Maintaining clean skin and not letting it dry out is essential. Use only gentler moisturizers. (Noon Aesthetics Smart Occlusive System, Elta Skin Recovery Light Moisturizer)
- Allow your sunblock to rest undisturbed for 5 minutes before applying mineral makeup.
- Do not use scrubs/exfoliants x 7 days after each treatment.
- If you could not begin your DITOX Exosomes before your treatment, you can use your kit after completing your REIPAIR Exosomes.
- You can resume your regular skin care regimen five days after each treatment or after completing your exosome kit(s).

REMEMBER

- Your treatment may have to be performed more than once and within intervals to achieve your best results.
- Virtue RF treatments can be scheduled every 6 weeks. The recommendation is at least four sessions. You need to be fully healed before each treatment.
- If anything in your medical history changes, you begin taking new medications, become pregnant, are planning to become pregnant, or are breastfeeding, please notify our office.
- If you have any questions or concerns, please call or text our office: (407) 934-0618

