

Radiofrequency Microneedling (Virtue RF) POST-Care Instructions

To ensure optimal results and support your healing process, please follow these post-care instructions carefully:

To Ensure The Best Results After Your Procedure:

- **Avoid makeup and sunscreen** for a **minimum of 24 hours** post-procedure. Mineral makeup and sunscreen are recommended. Use clean makeup brushes.
- Use a mild, soothing cleanser when washing your face.
- **Avoid applying 'Active' ingredients** to skin for **7-10 days**. This includes Benzoyl Peroxide, Salicylic Acid, Alpha-Hydroxy Acid (AHA), Beta-Hydroxy Acid (BHA), Retinol, Vitamin C, and Alcohol-based toners.
- **Avoid direct sunlight** to treated area for **1 week** after your treatment. Wear a hat and sunscreen.
- **Avoid strenuous exercise** for **24 hours** after your treatment.
- **Avoid hot tubs, saunas, and steam rooms** for **5 days** after your procedure.
- Use clean, disposable, breathable face masks for the first 24 hours after treatment.
- We cannot stress enough how important it is to **protect your investment** and to continue to improve your skin. At a minimum, the following products are recommended to start using one week post-treatment: A Medical-grade topical antioxidant with growth factor. We recommend you use a mineral-based sunscreen and .5 or greater retinol in your daily skin care routine.
- Your next **VirtueRF treatment** can be scheduled **4-6 weeks apart**. If you did not make your next appointment, please call our office at [\(504\) 267-4549](tel:5042674549) to schedule.

You May Experience The Following Post-Treatment:

- Minimal Pinpoint Bleeding
- Mild redness
- Minimal swelling
- Mild discomfort
- Tingling sensation from anesthetic cream

- Warmth and heat from RF energy
- Sensation of a sunburn