

Radiofrequency Microneedling (Virtue RF) PRE-Care Instructions

To ensure the best experience and results, it's essential to **carefully REVIEW THE PRE-CARE INSTRUCTIONS below**. Following these guidelines (such as pausing retinol use or avoiding sun exposure) is crucial for your safety and to **prevent any delays or the need to reschedule**:

- **Avoid excessive sun exposure** and tanning (including sunless tanning products) for at least **4-6 weeks** before treatment. Apply SPF 30+ daily to protect the skin if sun exposure is unavoidable.
- **Avoid NSAIDs** (nonsteroidal anti-inflammatory drugs) and all blood thinners **48 hours prior** to treatment. Common examples include **ibuprofen** (Advil, Motrin), **naproxen** (Aleve), and **aspirin**, often used for headaches, arthritis, and muscle aches.
- **AVOID photosensitizing medications** including **doxycycline** and **minocycline 2 weeks prior** to treatment. Please let us know **any medications you are taking**, including **antibiotics**, as many are photosensitive and your appointment may need to be rescheduled.
- I am not a candidate for microneedling with radiofrequency if I have **metal or implants** in the **treatment area**. However, having dermal fillers in the area is acceptable.
- **Avoid dermal fillers** and **Botox/Dysport** for at least **two weeks prior** to treatment and **2 weeks after** treatment.
- **DO NOT use any retinoids, retinol, glycolic acid, salicylic acid**, and other exfoliating products **5-7 days** before your treatment.
- **Refrain from consuming alcohol or smoking** for **24-48 hours** before the procedure, as these can affect healing and blood flow.
- **Avoid Accutane** (or isotretinoin products) for **6 months prior** to treatment.
- I **AM NOT a candidate** if I am **pregnant, breastfeeding, or on topical or oral antibiotics**.
- I **MUST reschedule** my appointment at least 24 hours in advance if I have a **rash, cold sore or blemish on the area(s)** being treated.
- I **MUST NOTIFY my provider prior** to treatment if I have a **history of fever blisters**.



- I **MUST NOTIFY** my provider if I have any **cosmetic tattooing on or near the area** to be treated.
- I UNDERSTAND that there may be **some social downtime of 2 to 5 days** before any redness, swelling and sloughing of the sunspots has subsided.
- If you do not have numbing cream, **arrive 1 hour early** or **as directed** to allow time for application.