

MIA BELLA

SKIN BOUTIQUE

Guide to Post RF (Radio Frequency) Skin Tightening Treatment

Hydration:

Do: Hydrate well after treatment for potentially better results.

Skin Care Routine:

Do Not: Vigorously rub the skin post-treatment.

Do: Gently wash your face and continue with your usual skincare routine.

Avoid Certain Treatments:

Do Not: Undergo laser treatments, chemical peels, waxing, use of depilatories, or microdermabrasion for 3-4 weeks after treatment.

Use of Skin Products:

Do: Wait 7 days before resuming the use of products like Retin-A (tretinoin), glycolic acids, or any other exfoliating agents. This includes avoiding the use of tools like a Clarisonic Brush.

Post-Treatment Symptoms:

- Expect some possible tenderness, swelling, warmth, and redness in the treated areas. These symptoms can last a few days to a week after treatment.
- Sleep on two pillows for the first 24-48 hours post-treatment to help decrease swelling.

Scheduling Next Treatment:

- Schedule your next treatment. Optimal results are often achieved with 2-4 treatment intervals spaced 1-2 weeks apart.

Additional Tips:

- General Care: Be gentle with your skin during the healing process. Avoid harsh skincare products and treatments that could irritate the treated areas.
- Sun Protection: Protect your skin from sun exposure. Use a broad-spectrum sunscreen with an SPF of 30 or higher.
- Monitoring: Keep an eye on the treated areas. If you notice any unusual reactions or if symptoms persist, contact your healthcare provider.

Remember, these post-treatment instructions are designed to help you achieve the best possible results while ensuring your skin heals properly and safely. If you have any doubts or specific concerns, always consult with your treatment provider.