



ResurFX, Microneedling, Scarlet SRF, IPL or Clear + Brilliant

Pre and Post Treatment Instructions

Four weeks prior to treatment:

- If you are planning a cosmetic injection of dermal fillers (Juvederm, Restylane), this may be done four weeks **PRIOR** (or four weeks **POST** treatment).

Two weeks prior to treatment:

- If you have a history of cold sores, let your provider know. Your provider may suggest an anti-viral medication prior to treatment.
- Avoid the following types of hair removal from the area you plan on having treated:
 - electrolysis
 - waxing
 - depilatory creams
 - laser hair removal
- Wait at least 2 weeks from other cosmetic treatments. This includes neurotoxins (Botox, Dysport), lasers, Ultherapy, etc. Any skin sensitivity should be resolved before receiving additional skin treatments in the same area.
- **No sun exposure, tanning or self-tanners!** Sun exposure, tanning bed use and self-tanners all change the pigment/color of the skin. Adding pigment to the surface of the skin increases the risk of post treatment skin pigmentation.

Three days prior to treatment:

- Discontinue the use of Retin-A, Renova, Differin and Tazorac.
- Discontinue use of any products containing retinol, alpha-hydroxy acid (AHA), beta-hydroxy acid (BHA) or benzoyl peroxide.
- Discontinue any exfoliating products that may be drying or irritating.

Day of treatment:

- Arrive 15 minutes early to fill-out paperwork and for numbing cream to be applied.
- Arrive with no make-up.

Immediately after treatment:

- Your skin will be pink or red in appearance, much like sunburn for a few hours following treatment.
- For microneedling or Scarlet SRF, minor bleeding and bruising is possible depending on the depth of the needle used and the number of times it is pressed across the treatment area.
- Your skin may feel warm, tight, and itchy for a short while. This should subside in 12-48 hours.
- Avoid cosmetic products/makeup until the next morning. Colorescience products are ok to apply.
- Avoid exercise for 48 hours.

Following your treatment:

- Depending on your treatment(s) you may experience skin flaking/peeling. **Do not pick, rub, or exfoliate your skin.**
- Not all patients experience flaking/peeling skin. Peeling skin is NOT an indication that the treatment was successful or unsuccessful. Your skin has been stimulated and is producing new collagen for the improvement of skin tone and texture, fine lines and irregular pigment.
- Skin may appear red/pink up to 5 days post treatment
- You may experience an acne episode. This is a normal reaction and signifies that your pores are purging impurities.
- Avoid sun exposure for at least 2 weeks.
- Avoid sources of heat to the skin such as saunas, steam rooms, hot yoga, etc. for at least 2 weeks.
- Wear a mineral based (physical block) SPF of 30 or higher on a daily basis.
- You can apply makeup the next day following your treatment.
- Should any adverse reactions or complications occur, call us immediately.

Do not use for 7 days:

- Retin-A, Renova, Differin and/or Tazorac.
- Any products containing retinol, alpha-hydroxy acid (AHA) or beta-hydroxy acid (BHA) or benzoyl peroxide.
- Any exfoliating products that may be drying or irritating.

What to expect:

- It is normal to experience a rough texture to the skin.
- You may experience the appearance of “coffee grounds” on the surface of the skin. This dark pigmentation will naturally slough off in the coming weeks. This will be more apparent if this is a first-time treatment.
- You can begin your regular skin routine 5-7 days following your treatment or as directed by your provider.

Please call our office at if you have any questions or concerns