

## **\*\*SylfirmX Microneedling RF Pre and Post Treatment Instructions\*\***

### **\*\*Pre-Treatment:\*\***

1. **\*\*Avoid Sun Exposure\*\***: Stay out of direct sunlight for at least 1 week prior to your appointment. Use a broad-spectrum SPF 30+ sunscreen if you must be outdoors.
2. **\*\*Discontinue Certain Products\*\***: Stop using retinol, AHAs, BHAs, and exfoliating treatments 3 days prior to the procedure to avoid irritation.
3. **\*\*Avoid Blood Thinners\*\***: Refrain from using aspirin, ibuprofen, or any blood-thinning supplements (such as fish oil) for at least 5 days before the treatment, unless prescribed by your doctor.
4. **\*\*Hydrate and Clean Skin\*\***: Ensure your skin is clean and well-hydrated before the session. Avoid makeup or other products on the day of treatment.
5. **\*\*Consult Allergies and Medications\*\***: Inform your provider of any allergies or medications you are currently taking.

### **\*\*Post-Treatment:\*\***

1. **\*\*Redness and Sensitivity\*\***: Mild redness and sensitivity similar to sunburn may occur for 1-3 days after treatment. This is normal and should subside naturally.
2. **\*\*Avoid Sun Exposure\*\***: Continue to avoid sun exposure and use SPF 30+ for at least 2 weeks post-treatment to prevent hyperpigmentation.
3. **\*\*No Makeup for 24 Hours\*\***: Avoid applying makeup, heavy creams, or any active ingredients on the treated area for at least 24 hours.
4. **\*\*Moisturize\*\***: Use a gentle, hydrating moisturizer and avoid any irritating skincare products (retinoids, acids) until your skin fully recovers.
5. **\*\*Avoid Heat\*\***: Refrain from strenuous exercise, saunas, or hot showers for 48 hours post-treatment to prevent irritation.
6. **\*\*Healing Time\*\***: Minor flaking or dryness may occur as the skin renews itself. Use soothing, non-irritating products to aid healing.

Results will become noticeable within a few weeks, with improvements continuing as the skin regenerates.