



LOW COUNTRY  
DERMATOLOGY

## RECOMMENDED PRE & POST CARE FOR SECRET RF TREATMENTS

### Before Treatment:

- Do not wear makeup on the day of treatment
- Excess hair may need to be shaved. Men should be cleanly shaved
- No sun-tanning of self-tanners 4 weeks prior to treatment
  - Includes spray tans, tanning lotions, tanning beds, sun exposure, etc.
- Avoid skin irritants (examples below) a few days before and after treatment
  - Products containing tretinoin, retinal, benzoyl peroxide, glycolic/salicylic acids, vitamin C/ascorbic acid, astringents, etc.
- Notify clinic with any changes to your health history or medications since your last appointment
- History of herpes or cold sores may require an antiviral prescription prior to treatment

### After Treatment:

- Immediately post-treatment, apply gauze soaked in isotonic saline solution to the treatment area and let sit for 5-15 minutes
  - After saline solution soak, apply a post-procedure barrier ointment such as Vaseline, Aquafor, etc.
  - Wait at least 4 hours before washing face or applying soap, cream or makeup to the treatment area
  - Avoid sun exposure and use a broad spectrum (UVA/UVB) sunscreen to prevent further damage
  - Avoid heat - hot tubs, saunas, etc, for 1-2 days
  - Avoid skin irritants (examples above) a few days before and after treatment
  - Bruising, redness and swelling may occur and resolve with time
    - More aggressive treatments or use of irritants in the days prior to or after treatment can lead to longer downtime
  - Multiple treatments are required
  - Notify the clinic of any concerns (blistering, excessive redness/swelling etc.)
  - Consult with clinic about when to resume skin care regimen
  - Additional instructions: \_\_\_\_\_
- 

LOW COUNTRY DERMATOLOGY  
912-354-1018