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## RF POST-TREATMENT INFO:

It is normal for the area treated to have redness and swelling. It is uncommon for a blister or bruise to develop. Should you develop a blister, a topical antibiotic ointment such as polysporin can be used twice daily until healed.

- **An ice pack should be avoided to maximize treatment results. Pain medication post treatment is not necessary.**
- **Makeup can be applied immediately post treatment.**
- **Waxing, tweezing, and depilatory creams can be resumed 3 days post treatment.**
- **Avoid hot tubs, saunas, steam rooms post treatment. However, all other normal activity can be resumed.**
- **A non-exfoliant cleaner and light moisturizer can be used the day of treatment. You can resume normal skin care the next day.**
- **All skin irritants (glycolic/ salicylic acids, benzoyl peroxide, retinol products, or vitamin C) can be resumed 3 days post treatment.**
- **An SPF 30 or higher with Zinc Oxide will be applied immediately post treatment. Please continue to apply sunblock daily to maximize your results and minimize irritation.**
- **Botox, Dysport, chemical peels, and dermal fillers can be resumed 1 week post treatment.**
- **A post procedure skin care regimen will be suggested by our staff to maximize and prolong your treatments and minimize complications.**
- **Walking 15-20 minutes daily after treatment is recommended.**
- **Hydrate. Drink plenty of water after treatment.**
- **For best results, a healthy diet is recommended.**