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NINA DEEP M.D.  
AESTHETICS

## Secret RF Microneedling Pre/Post Treatment Instructions

### **Pre-Treatment:**

- Avoid sun exposure and self-tanner about a week before treatment.
- Cancel your appointment if you are or become pregnant.
- Please let Dr Deep, or one of our nurses know if you have any of the following:
  - Pacemaker
  - Allergic to any metals
  - History of cold sores
  - Permanent tattoos or hair dye in the treatment area

### **Day of Treatment:**

- Avoid sun exposure and self-tanner about a week before treatment.
- Photos will be taken, and a topical anesthetic will be applied to the treatment area and left on for about 45 minutes.
- Jewelry, contacts, and glasses may need to be removed before treatment.

### **Post-Treatment:**

- Avoid sun exposure and self-tanner about a week before treatment.
- Secret Rf Microneedling treatment has no social downtime.
- Typically, patients have redness that usually goes away within one to two hours.
- Make up may be applied as early as the next morning after your treatment.
- Gentle skin care products should be used for the first week and then you can resume your normal skincare routine.

Results may be noticeable after the treatment but will continue to improve over 3-6 months and are permanent. Although results are visible with just a single treatment, for optimal results a series of 2-3 treatments spaced 1 month apart is recommended.

If you experience any symptoms that are concerning to you, please call the office at (614) 855-555.