



Pre and Post-Treatment Instructions for PIXEL8-RF (Microneedling)

Prior to Treatment

Before your medical microneedling treatment please observe the following:

- Avoid any Retinol (Retin-A/Tretinoin), hydroxy acids, or anti-aging product for **1 day** prior to the procedure
- Avoid any prolonged sun exposure **1-2 weeks prior** to the treatment. You should not have a sunburn or significant tan. If you must be in the sun, use a Zinc based SPF of at least 30+, and re-apply throughout the day. Avoid midday sun and wear a hat and glasses.
- **On the day of treatment come to the office with a clean face. Do not apply any makeup or lotions.**
- Please inform us if you have a history of cold sores/fever blisters or if you are a smoker. We will need to discuss this prior to treatment. Also please inform the staff if you have a pacemaker.

Day of the Procedure

- Please remove any contact lenses and pull your hair back and away from your face
- Wear loose-fitting comfortable clothing
- Bring a large hat to protect your skin when you exit the office

What to Expect

- Immediately after your treatment you will look as though you have a mild to moderate sunburn, your skin will feel warm and tighter than usual.
- A certain degree of discomfort, redness, and/or irritation during and after treatment is expected
- Tiny scabs (of less than 1 mm) may form 24-72 hours post-treatment and may remain for several days. The scabs should not be touched or scratched (even if they itch) and should be allowed to shed naturally. Pink blotches and pinpoint bruising are possible. Please call the office if you are concerned.
- Your provider will prescribe a skincare regimen specific to your skin. All recovery products are formulated to help soothe, calm, and protect the skin. Please continue to use these products for a minimum of 3 days and preferably 2 weeks.
- During the first 2 days following the treatment, care should be taken to prevent trauma to the treatment area. Avoid hot baths, massage, exfoliating skincare products, and exercise. The skin should be kept clean to avoid contamination or infection.

Instructions

- It is important to keep your skin clean and hydrated throughout the recovery process. Avoid any harsh or active products for at least 1 week. Once the skin is fully healed you can resume any skincare products.
- Please avoid any direct or prolonged sun exposure, swimming, or exercise, for 24 hours post-treatment.
- The following products are medical grade and have been tested post-Pixel treatments. If substitute products there is a risk of damaging the skin and creating an allergic reaction due to the open channels.
- **CLEAN:** Wait for 6-12 hours post-treatment and then wash your face with SkinCeuticals **Gentle Cleanser**. Continue to wash AM and PM for a minimum of **3 days**.
- **HEAL:** Apply **Alastin Skin Nectar** twice daily to the treated area. This will enhance the skin's natural ability to rejuvenate itself. Continue for 2 weeks.
- **HYDRATE:** Following your treatment, your skin may feel drier than normal. Use the SkinCeuticals **B5 Gel** for the ideal ingredients to hydrate and restore skin back to perfect balance. You may resume any other anti-aging moisturizers or HA5 after 5 days. If your skin is extremely dry, please reach out and we can also recommend a bio-cellulose mask or protective balm.
- **ANTIOXIDANT:** As your skin starts to regenerate antioxidants are ideal for skin health. This is found in **SkinCeuticals CE Ferulic** and started 5 days post-treatment in AM.
- **COOLING:** The **Phytocorrective Masque** is formulated with healing botanicals and hyaluronic acid to safely restore moisture to heal the skin and calm redness and heat. The masque can be placed in the fridge for an even more cooling effect.
- **MAKE-UP:** It is recommended to avoid any makeup application to the skin for 24hrs
- **PROTECT:** Immediately after the procedure apply a mineral-based SPF, **SkinCeuticals physical Fusion** is preferred. Do not use additional SPF as ingredients can be toxic to the treated skin for the first **24-48 hours**.

Post Series Treatments

- New collagen will build for up to 9 months post-treatment. Patients will continue to see results 3-6 months post-treatment.
- Chemical peels/Hydrafacials/Diamond Glow/Dermaplanning facials are highly recommended every 3 months to enhance your results. Our staff will make sure you have a customized care plan.

Please call the office if you experience any of the following:

If it is after hours and we cannot be reached, please contact urgent care services, or in the event of an emergency call 911

- If you are uncertain and have questions
- Pain that is not relieved by Tylenol
- Indication of infection (redness, tenderness, pus)

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