

## Potenza Radiofrequency Microneedling Instructions

Radiofrequency Microneedling with our Potenza device is for the treatment of fine lines, improve skin texture, decrease pore size, skin tightening, and acne scars. This procedure has minimal downtime and a quick return to your daily routine.

### Before your treatment:

1. Sun Exposure: No sun exposure, tanning beds, or use of tanning products 1 month prior to treatment.
2. Medications & Medical Conditions - please inform us of any of the following:
  - a. Isotretinoin in the past 6 months
  - b. Blood Thinners
  - c. Prednisone therapy (current)
  - d. Cold Sore Breakouts (Herpes Simplex) - we will give you medication to help prevent this from occurring
  - e. Active Skin Infection or General Immunosuppression
  - f. Pregnant or Breastfeeding
  - g. **Electronic Implants:** Pacemaker, Blood Sugar Monitors Defibrillators, and other embedded electronic devices
  - h. **Mechanical/Metal Implants:** Mechanical Valves, Metal Implants (joints, screws, any hardware). Dental implants do not seem to be of concern.
  - i. Keloid formation
  - j. **Allergy to Gold**
  - k. Gold Thread Skin Rejuvenation
3. Skin Irritants: Avoid glycolic acid-based products, retinoids, salicylic acid, and benzoyl peroxide washes for 7 days prior to procedure.
4. Avoid Waxing, Fillers, Neuromodulators (e.g. Botox, Dysport, Daxxify) for 2 weeks prior to procedure.
5. Minimize Bruising: Avoid taking aspirin or aspirin containing medications, non-steroidal anti-inflammatory medications such as **Ibuprofen** (Advil, Motrin), naproxen (Aleve, Naprosyn), Aspirin, Excedrin, and others. Other products that may increase bleeding include large amounts of garlic and garlic supplements, diets rich in **Nuts**, Vitamin E, St. John's Wort, Ginkgo, **Omega 3/Fish Oils**, Feverfew, Ginko, Ginseng, Airborne and other herbal supplements.

### On the day of the treatment:

1. **Starting 24 Hours Prior:** Hydrate and avoid alcohol.
2. Come with a clean face – no makeup.
3. Leave Earrings and Necklaces at home.
4. Men should come with a cleanly shaven face.
5. Numbing cream will be applied in the office – you will have 2 appointments scheduled – one for numbing (arrive at this time) and one for the procedure.
6. **Pain Management Options** – This procedure can be uncomfortable for some patients.
  - a. Two Hours Before – take **Acetaminophen 1000mg** and **Ibuprofen 800mg** unless contraindicated.
  - b. **Pro-Nox:** Nitrous Oxide. You can drive home after the treatment since the effects wear off within minutes.
  - c. In Office – **Xanax 0.5mg** and **Percocet 5mg/325mg**.
    - i. You will need a trusted friend or family member to act as your designated driver. Traveling with Uber, Lyft, Taxi, or similar services is not permitted. An adult must stay with you for 6 hours.



**Results may include:**

- Improvement in early signs of aging
- Brightening of sun damaged skin
- Tighter, firmer skin through the stimulation of collagen and elastin
- Continued skin tightening for 6-12 months after treatment completion
- Smoother complexion

**Post Treatment Care:**

1. Before touching the treated area, wash your hands well. There are open micro-pathways for 24 hours.
2. Wash treated area twice a day with a mild cleanser and warm water – avoid scrubs with an exfoliant or a washcloth.
3. Apply a gentle moisturizing cream as often as desired especially if skin feels tight or dry.
4. It is okay to apply an ice pack or cool compress at home. Be sure to use a protective barrier between the ice and skin.
5. For 24 Hours, avoid makeup, alcohol, hot yoga, saunas, steam showers, exercise and other activities that cause sweating and heat buildup.
6. If you have some breakouts at the time of treatment, they may worsen temporarily due to inflammation and swelling.
7. Do not pick at treated skin as this can cause issues with pigmentation.
8. Avoid UV rays and wear sunblock with SPF >30 for 7 days.
9. Contact your doctor if you have concerns over redness, rash, itching, etc.

**Expected Side Effects:**

1. Redness and swelling may last for a few hours and up to 3 days.
2. Pinpoint bleeding on the skin surface might be noticed. Bleeding usually resolves at the end of the treatment.
3. Temporary tingling may last 48 hours.
4. Some areas might have micro-crusting and scabbing. Keep the skin moisturized with a gentle cream/lotion.

**Pricing: Three to Six treatments are necessary** to achieve results. Yearly maintenance is recommended.

- Full Face – \$1200
- Full Face & Neck – \$1500
- Full Face/Neck/Chest – \$2000
- Special Sites – \$850
  - Eyes
  - Around Mouth
  - Localized Acne Scars
  - Forehead lines
  - Neck
  - Hands
  - Abdomen (Upper or Lower)
  - Chest
- Upper Arms - \$1200
- Abdomen (full) - \$1500

