

## 05 / MICRONEEDLING & RF MICRONEEDLING

Microneedling creates controlled microscopic punctures that stimulate the wound-healing response and dermal remodeling. RF microneedling combines this mechanical stimulation with radiofrequency energy delivered at controlled depth, so erythema, warmth and swelling may be more pronounced.

- Avoid significant sun exposure and tanning. Depending on skin condition, retinoids, strong acids and abrasive exfoliants may need temporary suspension.
- Inform the physician about active acne, infection, herpes, keloid tendency, recent isotretinoin treatment and medicines affecting coagulation.
- Do not treat active infection or significant inflammatory dermatitis.
- After treatment, mild to moderate redness, warmth, tightness, pinpoint edema and sensitivity can occur. Use only the recommended post-treatment products.
- For approximately 24–48 hours avoid strenuous exercise, sauna, steam rooms, swimming pools and significant heat. Do not scratch, pick or exfoliate.
- Use SPF 50+ once appropriate for the skin. Contact the clinic for increasing pain, blistering, marked swelling, spreading redness, pus or fever.

DISCLAIMER: These protocols are provided for general information only. Every treatment and aftercare recommendation is individual. Always follow the specific instructions given personally by your treating doctor. This information is not a substitute for an individual medical consultation or medical advice.