



GENIUS® RADIOFREQUENCY MICRONEEDLING

Pre & Post Treatment Information

How long is the downtime?

There is initial redness and swelling which substantially subsides after 24-36 hours but can take up to a week to completely resolve. Most people resume normal activities within 48-72 hours.

How long before I see results?

You can expect to see some changes within a day or two after the procedure. However, your body will continue to build collagen for several weeks after that, so you will see improvement over the next six months. For optimal results we suggest a series of three treatments, then go to a maintenance regimen.

How long will my results last?

Unlike many other procedures, this has long-lasting results as it is your own body at work. With proper maintenance and a good skin care regimen, the effects could last for years. Please note that we also provide "Maintenance" treatments with a discount for our clients that have already been treated with our GENIUS package. This can be performed every 2-3 months for intense treatments however we recommend maintenance once a year.

- 3 days prior to your procedure stop the use of: - Retinols: Retin A, Tretinoin, Tazorac®, "anti-aging" products - Glycolic acid products - Salicylic acid products. Read the labels on all your skin care products, including over the counter to avoid these ingredients
- Avoid taking Aspirin, Non-steroidal Anti-Inflammatory Drugs (NSAIDS) such as ibuprofen, Vitamin E, Fish Oil, Ginger, Ginko Bilboa, Ginseng, and Garlic 10-14 days prior to the procedure. These drugs and herbs may cause excessive bleeding or bruising.
- Patients that have a history of cold sores can be prescribed medication to prevent cold sores. Even though you may have never had a breakout most people have been exposed to the virus that causes cold sores. You will take Valtrex 500mg by mouth twice daily starting the day prior to the procedure and continuing the next 5 days.
- While most people tolerate the procedure well, it can be uncomfortable. If you would like to be given pain medication, Xanax or valium prior to the procedure please let us know in advance and arrange for someone to drive you to and from the office. If you take an oral medication for pain or anxiety you will need a driver. You will be here for approximately 2 hours. On the day of your procedure please arrive without make up (including eye makeup) or lotions on your face and neck, remove contact lenses (bring glasses) and wear a lower-cut, buttoned shirt. When you arrive at the office pre-procedure pictures will be taken. A topical anesthetic will be applied to the areas being treated and will be left on for about 1 hour.
- The use of mobile devices is not allowed in the room while the RF system is working
- Due to possible risk of interference from electromagnetic radiation while the RF system is in operation, person with implanted medical devices such as pacemakers, cardioverters and other implantable devices should not be in the room.
- Jewelry and facial piercing should be removed prior to treatment

- Expect 3-5 days of recovery time. You can expect to have some redness and peeling and possible bruising which could last up to 10 days.
- Postoperative stinging can be alleviated by the application of ice packs wrapped in sterile gauze or gauze soaked in cold water. Cooling is allowed if needed with a towel-wrapped ice.
- The treated area should be gently washed at least twice daily with mild soap and water
- A crust may form over the treated lesion. Do not rub or forcefully remove the crust, allow crusts to fall off naturally. If a crust is forcefully removed, scarring may occur
- Once the crust has fallen off, immediately start to use sun block on the treated area.
- Apply a post-treatment moisturizer per our recommendation.
- Mild crusting or brown microdots might be noted 1 – 5 days following treatment. Crusts and/or brown dots will disappear naturally in several days but can sometimes take up to 2 weeks to completely clear. Do not pick at the crusts. Soaking skin in the shower for 10-15 minutes and rubbing very gently with a washcloth can help with sloughing.
- Patients should avoid harsh topical products or alcohol-based toners for two weeks. Otherwise after 24 hours patients can resume their normal skin care regimen or as directed by physician.
- Patients should avoid vigorous activity, excess heat, or sun exposure for at least one week.
- Patients should avoid sun exposure of first day and beginning on the second day, apply a broad-spectrum UVA/UVB sunblock with an SPF of 30+ and PA++ according to product manufacturer's instructions. Until the skin returns to normal, when outdoors always use an umbrella, hat, or other available protection against sunlight, as UV from the sun, even on a cloudy day, may cause hyperpigmentation on the treated area. Sunblock should be used in treatment area for at least 6 weeks

EXPECTED SKIN REACTIONS

- 1– 3 days Post-Treatment: Redness and transient edema, skin begins to turn to a condition similar to before treatment. Skin may feel tighter. Redness and microdots may take 1 – 2 weeks to completely resolve.
- 3 days - 2 weeks Post-Treatment: Brighter skin tone and significant reduction in sebum secretion in oily skin types.
- 1-month Post-Treatment: Improvement of skin smoothness.
- 1-6 months Post-Treatment: Skin improvement continues for up to 6 months post treatment.
- Common expected skin reactions include erythema (redness), edema (swelling), transient pin-point bleeding, and very slight discomfort after treatment. Pin-point bleeding should stop within minutes after application, discomfort within a few hours and erythema and edema gradually diminishes to normal in 1 to 7 days.
- Crusting begins to appear 1 – 2 days after treatment and sloughs off in 3 – 5 days. Crusting can take up to 2 weeks to clear for off-face areas.
- Other less common skin reactions include petechia which fade in a few days or bruising (purpura) which can take up to a week to disappear.
- Other skin reactions include irritation, itching, and burning sensation. These typically subside in a few hours to 1 day but may get re-aggravated with heat or sweating.

Emergency Information

Please contact Rejuvenations Medical Spa at 803-781-1201 during regular business hours if there are any questions or concerns with your treatment. For after hours or weekend, if you are concerned about anything you consider significant (non-medical) about your treatment, please call 803- 781-1201. When voice prompted, SELECT OPTION TWO to leave a voicemail for Amy Powers Estes, the Managing Owner. She will be notified with an automatic transcribed message and will contact you upon receipt.