

**Pre & Post Care for Secret RF Treatments**

*For best results please follow these instructions*

**BEFORE YOUR TREATMENT:**

* Do not wear makeup on the day of treatment
* Excess hair may need to be shaved. Men should be cleanly shaved
* No sun-tanning or self-tanners 4 weeks prior to treatment
  + Includes spray tans, tanning lotions, tanning beds, sun exposure, etc.
* Avoid skin irritants (examples below) a 5 days before treatment
  + Products containing tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, vitamin C/ascorbic acid, astringents, etc.
* Notify provider with any changes to your health history or medications since your last appointment, especially blood thinning medication, clotting disorders or auto-immune condition
* Avoid Botox, filler or other injectable in treatment area within 1 month prior to treatment
* Notify the provider of any of the following:
* Pregnancy
* Pacemaker
* Implantable metal, piercings or medical device in treatment area
* Face lift or eyelid surgery within 1 year prior to Secret RF treatment
* Facial dermabrasion, facial resurfacing or deep chemical peel with last 3 months
* Treatment with other RF or light device with 1 month
* Surgical procedure in the treatment area within the last 3 months or before complete healing
* Any active skin condition in treatment area such as sores, psoriasis, eczema or rash
* Discontinue non-steroidal, anti-inflammatory drugs 1 week before AND after each treatment
* Discontinue aspirin, fish oil, garlic supplements 3 days prior to treatment
* Notify provider of any history of herpes or cold sores, an anti-viral prescription may be required prior to treatment
* If you are prone to histamine responses, have extremely sensitive skin or easily get contact dermatitis, you can take an anti-histamine 24-48 hours prior to the treatment.

**AFTER YOUR TREATMENT:**

* Wait at least 4 hours before washing face
* Avoid make-up for 24-48 hours
* Evening of treatment: Rinse face with warm water and apply Bioactive Copper Serum.
* **Day 2 & 3:** Use Sanavi Pumpkin Cleanser (a.m. & p.m.), Peptide eye serum (a.m. & p.m.), Arnica Serum (a.m. & p.m.), Bioactive Copper Serum (a.m. & p.m.), Alpha Bisabolol complex (p.m. only), No exercising/avoid sweating.
* **Day 4:** If skin is healed (no swelling, no redness), resume skin care routine. If skin has not healed, resume Sanavi Post care kit and use until skin has healed.
* Avoid sun exposure and use a broad spectrum (UVA/UVB) sunscreen to prevent further sun damage
* Avoid heat – hot tubs, saunas, heavy sweating/intense exercising for 3 days post treatment
* Avoid skin irritants (examples below) 3 days after treatment
  + Products containing tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, vitamin C/ascorbic acid, astringents, etc.
* Bruising, redness and swelling may occur and will resolve with time, usually 12-48 hours
  + More aggressive treatments or use of irritants in the days prior to or after treatment can lead to longer downtime
* Multiple treatments are required
* Notify clinic of any concerns (blistering, excessive redness/swelling, etc.)
* Resume skin care regimen when skin is completely healed, usually day 4 -7

Contact the office with any questions or concerns: **281-362-0014**