



TIMELESS

SKIN SOLUTIONS

secret™ RF **before & after treatment instructions**

Before treatment communicate with your healthcare provider or clinician about the following:

- If you are pregnant, nursing, or attempting to become pregnant.
- If you have an allergy to gold or metal.
- If you have a history of an autoimmune disorder.
- If you have permanent makeup, tattoos or have had micro-blading.
- If you are currently or have recently been on Accutane, anticoagulants, had Gold Therapy for arthritis or taking photosensitizing medications.
- If you have been treated with or are taking any antibiotics.
- If you have any allergies or sensitivity to any topical numbing medications.
- If you have an active cold sore you may want to postpone treatment. If you are prone to developing cold sores, contact our office at (614) 799-5100 and we will discuss the option of prescription prophylactic treatment.
- If you have a Cardiac devices such as AICD's (auxiliary internal cardiac devices), Defibrillator, mechanical valves, pacemakers, or neurological stimulating device.
- If you have metal implants in the treatment area, including a Paragard/Copper IUD.
- If you have had filler within 30 days or have been treated with a neurotoxin within 48 hours before treatment you may want to postpone treatment.

Before treatment:

1. Avoid any known skin irritants such as retinoids and alpha and/or beta hydroxy acids for 3-5 days prior to treatment unless otherwise directed by your clinician.
2. Avoid treatments that may irritate the skin for 1-2 weeks prior to treatment (waxing, depilatories, etc.)
3. Avoid direct sun exposure, self-tanners, tanning beds, and always use sun protection for at least 4 weeks prior to treatment.

4. To minimize the potential for bruising, avoid use of non-steroidal anti-inflammatory drugs (NSAIDs like aspirin, Motrin, Advil, ibuprofen, or any other non-Tylenol, non-acetaminophen product) for 2 weeks prior to treatment, unless the medications involved are prescribed for the treatment of an existing medical condition.

The day of the treatment:

- Excess hair in treatment area may need to be shaved.
- Men should be cleanly shaved.
- You will be asked to remove all jewelry prior to procedure.

1 hour prior to procedure:

- Cleanse treatment area with mild cleanser and dry skin completely.
- Apply a thin layer of topical anesthetic and distribute evenly.
- Wash anesthetic from fingers after application is complete.

After treatment expectations:

Immediately Following and up to 24 hours:

1. After the procedure, the skin will be red and flushed in appearance in a similar way to moderate sunburn. You may also experience skin tightness and mild sensitivity to touch on the area being treated. This will diminish greatly after a few hours following treatment. After 3 days most visible erythema will be resolved.
2. Bruising, redness and swelling may occur and will resolve with time.
3. You may cleanse the treated area 12 hours after treatment and apply SkinMedica HA5 and SkinMedica Recovery Complex as directed by your clinician. *Avoid products containing paraben 48 hours post treatment.
4. Avoid Sun exposure:
 - Sunscreen (SPF of 30 or greater) may be worn after the majority of your skin has sloughed (usually by day 5). This is very important in reducing post inflammatory hyperpigmentation.
 - Please remember that UVA light passes through the house and car windows.
 - Absolutely no artificial tanning or sun exposure without sun protection, in the 4 weeks following the treatment.
5. Contact us if you have any concerns (blistering, excessive redness/swelling, etc.)
6. Avoid skin irritants for 7 days post-treatment, for example; products containing tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, astringents, exfoliants etc.
7. No shaving with a razor blade in the treatment area for 5 days following treatment. You may use an electric razor after 3 days if desired.
8. You may use a Vinegar soak:
 - You can use a vinegar soak 3-4 times daily beginning the day of your treatment to promote healing and provide antiseptic benefits.
 - Mix 1 teaspoon of plain white vinegar to 2 cups of cool water.
 - This solution may be mixed up ahead of time and kept in the refrigerator.

After 48 hours:

Makeup may be applied 48 hours post treatment as long as the skin is not broken. If the skin is broken, apply antibiotic ointment and contact our office. Mineral makeup is preferred.

After 72 hours:

Some patients may experience flaking 3-5 days post treatment. If this occurs do not pull or pick flaking skin and continue using gentle cleanser a moisturizer until flaking resolves.

You may begin to use an electric razor in the treatment area as desired.

After 7 days:

Resume your normal prescribed skin care regimen as instructed by your clinician. You may find that you are sensitive to products that you usually use and tolerate well. If your skin feels more sensitive than usual, cleanse with a gentle, non-acidic cleanser.

Retinol can be resumed and should be applied around the frame of the face and blended inward.

You may resume exercise and any activities involving heat, for example; hot tubs, saunas, etc.

You should always wear an SPF of 15 or greater when exposed to any sunlight. Do not touch your face. Clean hands thoroughly before applying product. Keep your hair off your face.

Re-Treatment

Patients typically need a series of 2-3 treatments, spaced 4-6 weeks apart to achieve optimal results. Most patients report seeing improvement after the second treatment but optimal results appear 3 months after the last treatment. As with all Timeless treatments, our medical providers will evaluate your current skin condition to recommend the best treatment plan for you.

If you have any questions or concerns, please do not hesitate to call our office at (614) 799-5100 or email contact@timelesskinsolutions.com. In case of emergency call 911.