

Pre-Treatment Instructions for Radio Frequency

- **Do NOT** undergo the procedure if you have a PACEMAKER, INTERNAL DEFIBRILLATOR, OR ANY ACTIVE IMPLANTED DEVICE.
- **Do NOT** undergo any skin peel or laser procedures for 2 weeks prior to the procedure.
- **Do NOT** wear any make-up, lotions, or creams on the treatment area on the day of treatment.
- If you have a history of cold sores, please DO let the nurse or physician know.
- **DO** hydrate well the day of and day after treatment as this will result in a more comfortable and effective treatment.
- Inform your provider if you have heart, liver, or kidney problems.

Post- Treatment Instructions for Radio Frequency

- **DO** hydrate and exercise well after treatment as this may produce a better result.
- **DO NOT** vigorously rub the skin after treatment, DO gently wash your face and continue with your usual skincare routine.
- **Do NOT** undergo laser treatments, chemical peels, waxing, the use of depilatories, or microdermabrasion for 2-3 weeks after treatment.
- **DO** expect some possible tenderness, swelling, warmth, and redness on the treated areas for a few days to a week after treatment.