

GENIUS - MicroNeedling/RF

PRE-TREATMENT PATIENT INSTRUCTIONS

- Patients with a known history of acne breakout or HSV 1 and 2 lesions should begin prophylaxis treatment at least 1 day prior to treatment session. Do not treat if severe acne breakout or active HSV lesions are present within the treatment area.
- On day of treatment, patients should thoroughly wash face and not apply any make-up, lotions, sunscreen or any other cosmetics to the skin of the treatment area prior to arriving at facility.

POST-TREATMENT PATIENT INSTRUCTIONS

- Cooling is allowed if needed with a towel-wrapped ice pack and you may apply post-treatment moisturizer according to your physician's recommendations.
- Mild crusting might be noted 1 – 5 days following your treatment. Crusts will disappear naturally in several days. 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.
- You should avoid harsh topical products or alcohol based toners for two weeks. Otherwise after 24 hours you may resume your normal skin care regimen or as directed by your physician.
- You should avoid vigorous activity, excess heat, or sun exposure for at least one week.
- You 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 the 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.
- It is advised to wait a minimum of 2 weeks for your next treatment. Four to six weeks is the typical interval between treatments.
- Most patients achieve best results with two to four treatments.

EXPECTED SKIN REACTIONS AND RESULTS

- 1 day Post-Treatment: Redness and transient edema, skin begins to turn to a condition similar to before treatment.
- 3 days - 1 week Post-Treatment: Brighter skin tone and significant reduction in sebum secretion in oily skin types.
- 1 month Post-Treatment: Improvement of fine wrinkles and skin laxity.
- 1-3 months Post-Treatment: Continuous improvement of fine wrinkles, pores size, scars and skin laxity.
- If blistering is evident, cool the skin immediately and discontinue treatment.
- Discontinue treatment if excessive swelling, bruising or prolonged bleeding skin reactions occur
- 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 3 days.

- Crusting begins to appear 1 – 2 days after treatment and sloughs off in 3 – 5 days.
- 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 aggravated with heat or sweating. If these reactions continue consider evaluating for possible infection, changing their skin care regimen and/or short-term use of mild topical steroid.