



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**