

Sublative RF

Pre-Treatment Preparation

- Tanning of any sort is not permitted during the entire course of the treatment. Sunscreen (at least SPF30) as well as protecting the area from sunlight should be enforced for at least one month after the last treatment and throughout the treatment course.
- Botox and/or Dysport injections should be done no sooner than two weeks prior to treatment.
- Injectables (Juvederm, Radiesse, Restalyne) should be done no sooner than two weeks prior to treatment.
- Discontinue any anti-inflammatory medications (ibuprofen, aspirin, naproxen) for five days before and five days after each treatment.
- Discontinue Retinoic Acid (Retin-A) or any irritant topical agents 7 days prior to treatment and for at least 7 days after.
- Please arrive for your treatment with clean skin. There should be no lotion, make-up or SPF on the skin to be treated.

Post-Treatment Care

- Post treatment redness and swelling may last 12-24 hours.
- Tiny scabs will usually form 24-72 hours post treatment and may remain for several days. The scabs should not be touched or scratched and should be allowed to shed off naturally.
- Moisturizer may be used the next day after the treatment. If desired make-up may be applied 12 hours after treatment. We recommend a pressed or loose mineral powder foundation.
- You may use your regular face wash 24 hours after your treatment. We will provide you with a gentle cleanser to use at first. Use tepid water to wash your face (not hot) for the first 5 days.
- We recommend that you refrain from vigorous exercise for 24 hours after your treatment.
- Tylenol (acetaminophen) may be used if necessary for discomfort.

Please call Gina Osborne at our office with any questions at (559) 797-9000.