



## **Vivace RF-Micro-needling Pre and Post Treatment Regimen and Care**

The Vivace Experience is the newest generation of radio frequency micro-needling. Radio frequency provides energy that stimulates collagen production, while the skin channels are open. This minimally -invasive treatment stimulates the production of collagen and is shown to be effective in minimizing wrinkles, fine lines, and tightening and toning any area on the body. The results are both immediate and improve over time with multiple treatments. It's safe and can be performed on all skin types with minimal discomfort and very little, if any, downtime.

### **Prior to Treatment:**

- Avoid retinol and tretinoin products for 72 hours prior to your treatment
- Do not take auto-immune therapies for 12 hours prior to your treatment
- Avoid sun exposure in the days leading up to your treatment
- Do not apply makeup the day of your treatment
- If you are prone to cold sores/fever blisters, you will be prescribed an anti-viral medication to prevent an outbreak.
- If you have an active or extreme acne breakout before treatment, please consult with your provider

### **What Can Be Expected:**

- Immediately after your treatment, you will look as though you have a mild to moderate sunburn and your skin will feel warm, stinging and tighter than usual. This is normal and usually subsides after 1-4 hours and will typically recover the same day or 24 hours
- Your practitioner will prescribe post-procedure skincare to help soothe, calm and protect the skin. Continue to use for 4 days. You may resume active skincare again after 4 days

### **Post Care Instructions:**

- CLEAN- With clean hands, use a gentle cleanser twice daily
- HYDRATE- Following your treatment, your skin may feel drier than normal. Hyaluronic Acid is an ideal ingredient to hydrate and restore the skin back to perfect balance
- PROTECT- A broad spectrum UVA/UVB, chemical free sunscreen is recommended daily
- MAKEUP- Do NOT apply makeup for 6 hours post treatment. Clean all make up brushes and applicators prior to use on treated skin. Mineral makeup is recommended during the healing process to avoid infection
- Avoid Sun Exposure
- Avoid raising heart rate for 6 hours post treatment
- No swimming or use of hot tubs for 24 hours post treatment