



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

The Vivace Experience is the newest generation of radio frequency micro-needling. 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:

1. You are seeking a treatment that has a primary purpose of stimulating collagen, to improve the texture, tone, and color of the skin. Your homecare will be customized to promote the health of your skin which will help to ensure the safest, most effective treatment outcome and extend the life of the treatment results.
2. Avoid retinol and Retin-A products for 72 hours prior to your treatment.
3. Stop Laser Hair Removal, Electrolysis, Waxing, and Depilatory creams one week prior to treatment.
4. Do not expose your skin to the sun in the days leading up to your treatment. Micro-needling treatment will not be administered on sunburned skin.
5. Do not apply makeup the day of your treatment.
6. If you have an active or extreme breakout before treatment, please consult with your provider.
7. If using Accutane, a 6-month waiting period after discontinuation of medication is required.
8. If you have a history of cold sores, please take your preventive medication the day of treatment.

What Can Be Expected:

- Immediately after treatment, you will look as though you have a moderate to severe sunburn and your skin will feel warm, stinging and tighter than usual. This is normal and will subside after 1 to 2 hours and will typically recover within the same day or 24 hours.
- Your practitioner will prescribe post-procedure skincare after the procedure to help soothe, calm and protect the skin. Continue to use for at least 4 days. Active skincare can be resumed again after Day 4.

Instructions:

- CLEAN- With clean hands, use a soothing cleanser with tepid water to cleanse face twice daily.
- HYDRATE- typically a Hyaluronic acid-based hydrator and/or moisturizer are prescribed.
- PROTECT- To avoid unnecessary side effects from the treatment, a chemical-free sun protection should be worn EVERY DAY, under makeup.
- MAKEUP- Do not apply makeup the day of your procedure.

What to Avoid:

- Do NOT use any unapproved skincare products in the first 7 days. Products rich in soothing and healing ingredients are best to encourage new, healthy cell growth. Peptides, antioxidants, stem cells, Vitamin A, C, and E, and growth factors work very well.
- NO sun or heat. This includes simple day-to-day tasks such as gardening, cooking over a hot stove for a long period of time, sitting next to a bonfire or fireplace, etc. NO tanning beds or sun exposure for at least 14 days.
- NO swimming for at least 24 hours post-treatment.
- No exercising or strenuous activity for the first 24 hours post-treatment