



## VIRTUE RF POST-TREATMENT PATIENT INSTRUCTIONS

### What to do after your treatment:

- A Microcurrent Dual mask system will be given to you after your treatment. This mask will help soothe the skin and eliminate redness. Please follow directions on the mask packaging.
- Cold water may be used for the 1st day post treatment. After day 1, it is important to maintain clean skin. Be sure to use a simple and gentle cleanser. Do not use excessive pressure when washing.
- Avoid direct sun exposure for a minimum of 3 days. Should you be outdoors, you can apply an SPF starting 24 hours post treatment. In addition, apply a broad-spectrum UVA/UVB sunblock with an SPF of 30+ like SkinCeuticals Sport or EltaMD Pure.
- You should avoid harsh topical products such as salicylic and glycolic acids, retinols, or alcohol-based toners for two weeks.
- Avoid exercise and increasing your heart rate for 1 - 3 days post treatment, and per your clinician's direction.
- It is advised to wait a minimum of four to six weeks in between treatments

### Expected skin reactions:

- Common expected skin reactions include erythema (redness), minimal 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 diminish to normal in 1 to 3 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 re-aggravated with heat or sweating. If these reactions continue consider evaluating for possible infection.
- If you have any questions or concerns, please call (910) 256- 4350.