

### **Virtue Pre-treatment instructions**

- 3 days prior to your procedure stop the use of:
  - Retinols: Retin A, Tretinoin, Tazorac®, “anti-aging” products
  - Glycolic acid products
  - Salicylic acid products
  - Read the labels on all of your skin care products, including over-the-counter to avoid these ingredients
- Avoid taking Aspirin, Non-steroidal Anti-Inflammatory Drugs (NSAIDS) such as ibuprofen, Vitamin E, Fish Oil, Ginger, Ginko Bilboa, Ginseng, and Garlic 10-14 days prior to the procedure. These drugs and herbs may cause excessive bleeding or bruising.
- All patients will be given medication to prevent cold sores. Even though you may have never had a breakout most people have been exposed to the virus that causes cold sores. You will take Valtrex 500mg by mouth twice daily starting the day prior to the procedure and continuing the next 5 days.
- While most people tolerate the procedure well, it can be uncomfortable. If you would like to be given pain medication or valium prior to the procedure please let us know and arrange for someone to drive you to the office. **If you take an oral medication for pain or anxiety you will need a driver.** You will be here for approximately 1 ½ hours.

On the day of your procedure please arrive without make up and contact lenses and wear a lower-cut, buttoned shirt. When you arrive at the office pre-procedure pictures will be taken. A topical anesthetic will be applied to the areas being treated and will be left on for about 30 minutes. In addition, an injectable lidocaine will be administered right before treatment.

- The use of mobile devices is not allowed in the room while the RF system is working
- Due to possible risk of interference from electromagnetic radiation while the RF system is in operation, person with implanted medical devices such as pacemakers, cardioverters and other implantable devices should not be in the room.
- Jewelry and piercing should be removed prior to treatment
- Expect 3-5 days of recovery time. You can expect to have some redness and peeling and possible bruising which could last up to 10 days.