

## Pixel8: Microneedling with Radiofrequency

### Pre-treatment

#### 4 weeks prior to your appointment:

- Avoid sun tanning, tanning beds and sunless tanners during the 4 weeks prior to treatment. Optimize your sun protection by wearing sun-protective clothing, hats, broad-spectrum sunscreen with SPF 30 or higher (for best protection, use a sunscreen with zinc oxide). Reapply every 2 hours while outdoors.

#### 1 week prior to your appointment:

- Avoid aspirin, fish oil/ingestion of fish (shellfish are fine), coconut oil, naproxen (Naprosyn, Aleve), garlic pills, ginkgo, ginseng, curcumin/turmeric, and St. John's Wort during the week. Avoid ibuprofen (Motrin, Advil) 3 days prior to your procedure.  
Note: do not discontinue medications that you are taking for medical reasons without consulting your prescribing provider.
- Discontinue exfoliating products (such as scrubs, glycolic acids, salicylic acid, tretinoin (Retin A), retinol, Retrinal, AlphaRet, Marini Luminare, Differen, Tazorac) 1 week prior to treatment. Avoid peels and waxing during this period as well.

#### On the day of treatment:

- Avoid ibuprofen (Motrin, Advil) prior to treatment (you may resume after treatment).
- If you have a history of cold sores (herpes viral infections), take your acyclovir or valacyclovir (Valtrex) as recommended and continue for 5 days. Like sunlight, laser light can trigger a flare, and the medication reduces this risk.
- If you have an active cold sore or infection in the area of treatment, we cannot treat you. Please contact our office as soon as possible to reschedule your treatment.
- If you have been instructed to use prescription numbing cream (eg lidocaine/prilocaine, EMLA), apply thickly to clean skin one hour prior to your appointment.

### Post-treatment

A mild sunburn-like sensation may last 1-2 days. Mild swelling and/or redness may accompany this, but usually resolves in 2-5 days.

On the day of treatment, limit skin care products to those recommended by your provider (e.g. Alastin Regenerating Nectar). The next day, you may use makeup, sunscreen, and any products except for exfoliating products (wait to resume those until skin sensitivity has resolved--usually within 2-3 days). Daily broad-spectrum sun protection is critical & optimizes your results.

Depending on the intensity of treatment and your skin color, dark pinpoint spots can appear immediately or a few days after treatment and healing areas may itch. These represent laser-stimulated skin that is being rejuvenated; the spots will emerge and exfoliate (flake) over the next 1-3 weeks (or sometimes longer on some areas of the body). Apply moisturizer (e.g. Medical Barrier Cream or SkinBetter Trio) at least twice daily and as needed.

Note that many of the benefits of treatment develop over the next 6 months during which skin remodeling, including collagen and elastic fiber production, occurs.

Please contact us with any questions or concerns: 480-591-3500 or 602-494-1817