



# VIRTUE RF

## PRE AND POST CARE

PLEASE REMEMBER TO ARRIVE 45 MINUTES PRIOR TO YOUR SCHEDULED APPOINTMENT TIME TO NUMB.

Virtue RF is a non-invasive, FDA approved radio frequency microneedling device that treats a wide range of skin concerns with little to no downtime. Virtue RF creates controlled micro-injuries to rejuvenate the skin by stimulating the body's natural healing process and initiating the production of new collagen and elastin within the tissue. At the same time, Virtue RF emits radio frequency energy to remodel the tissue- in turn tightening skin, reducing fine lines and wrinkles and improving pigmentation.

### Before Treatment:

- Avoid use of non-steroidal anti-inflammatory drugs (NSAIDs like aspirin, motrin, advil, ibuprofen, or any other non-tylenol, non-acetaminophen product) for two weeks prior to treatment to minimize the potential for bruising, unless the medications involved are prescribed for the treatment of an existing medical condition.
- Hydrate: for seven days prior, moisturize your skin in the morning & evening. Drink at least 8 glasses of water per day. Avoid alcohol for 24-48 hrs prior.
- If you have a history of fever blisters, take antiviral medication starting 1 day prior and follow directions on your prescription.
- Stop all topical acids (like glycolic, alpha or beta hydroxyl acids), retinols, retin-A, or other like products 3-5 days prior to treatment.

- Avoid tanning beds or prolonged exposure to the sun 2 WEEKS prior to treatment. Always use a zinc oxide sunscreen with SPF 30+.
- Remove all substances from the intended treatment area, including topical numbing cream, tanning products, ointments, lotions, perfumes, bath/shower oils, deodorants, etc. Do not use flammable products in the vicinity of anticipated treatment.

## After Treatment:

You will be provided a post-treatment kit. This contains 3 products: Papaya Enzyme Cleanser, Lipid Replenishing Cream & SPF. Follow the post-care instructions for optimal results.

**\*WE ALSO RECOMMEND YOU PURCHASE A TOPICAL BIOSTIMULATORY PRODUCT (PLATED INTENSE OR TNS ADVANCED) THIS WILL DECREASE YOUR HEALING TIME AND INCREASE COLLAGEN PRODUCTION.**

- CLEAN – The morning after your treatment use a soothing cleanser or face wash with lukewarm water to cleanse the face and gently pat dry the treated skin until it heals. Always make sure that your hands are clean when touching the treated area.
- NEW PILLOWCASE - every night x 3 after your treatment
- MAKEUP – Can be applied 2 days after the treatment. Clean makeup brushes prior to using.
- PROTECT – At 24 hours after the procedure, you should apply a broad spectrum UVA/UVB sunscreen with a SPF30, AT ALL TIMES when you will be outside. Use a physical sunscreen (Zinc/Titanium Dioxide) daily. Do not use chemical sunscreens (oxybenzone, avobenzone, octisalate, octocrylene, homosalate and octinoxate).
- Reapply often→In addition to reducing your future risk of skin cancer, sunscreens also reduce wrinkles and slow the aging process.

## What to Avoid:

To ensure the proper healing environment, be certain to observe the following:

- For 2 weeks post treatment, do NOT use any Alpha Hydroxy Acids, Beta Hydroxy Acid, Retinol (Vitamin A), Vitamin C (in a low pH formula) or anything perceived as 'active' skincare.
- Avoid intentional and direct sunlight for at least 24 hours. No tanning beds.
- Do not go swimming for at least 24-48 hours post-treatment.
- No exercising or strenuous activity for the first 24-48 hours post-treatment. Sweating and gym environments are harmful, rife with bacteria, and may cause adverse reactions.

## Schedule:

Your next VirtueRF treatment can be scheduled in 4 weeks. The recommendation is four sessions and then a maintenance treatment every six months. Your provider can discuss a custom plan to meet your treatment goals.