

# EXION™ Fractional RF

## ***About the Treatment***

Microneedling with radiofrequency essentially creates a physical reaction of releasing several growth factors. The tiny gold tipped needles puncture your skin painlessly. Simultaneously, while penetrating the skin these needles deliver a carefully controlled amount of radiofrequency energy to stimulate migration and proliferation of fibroblasts resulting in elevated collagen production, thus helping with skin rejuvenation!

Microneedling can be used for a wide array of dermatological procedures including: Skin tightening, wrinkle reduction, acne scar improvement, skin tone and texture improvement, pore reduction, scar reduction, stretch mark reduction, double chin reduction, jowl lifting, eye brow lifting, neck lifting and hand rejuvenation.

We recommend 3-5 treatments, spaced 4-6 weeks apart for optimal results. Results are often immediate for improved skin tone and texture; continued progress of collagen regeneration increases over time.

## ***Benefits of Microneedling:***

Little to no downtime

Comfortable experience

Ideal any time of the year

Real results from a safe, natural and minimally invasive procedure

Clinically-proven, safe and effective

Effective for most skin colors and skin types light to dark

## ***What to Expect***

The actual treatment takes between 20-45 minutes depending on the area treated, with an additional 35 minutes needed for numbing the skin.

With a little bit of topical numbing cream, it is quite a comfortable procedure.

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## ***Prior to Treatment***

- Do not use self-tanning lotions or tanning booths **two weeks prior**. Do not sunbathe **two weeks prior**.
- Avoid retinol such as Retin-A, Renova, Differin, Tretinoin, all retinols and products that contain glycolic acid, alpha hydroxy acid, vitamin C, or any anti-aging products **7 days prior** to your treatment.
- Avoid taking NSAIDs such as Advil, Motrin, Aleve, and aspirin for **7 days prior** to the scheduled procedure
- **DRINK PLENTY OF WATER 48 hours prior**

## ***Post-Microneedling-RF Instructions***

- A certain degree of discomfort, redness, and or irritation during and after treatment is expected. If any discomfort or irritation persists more than 24-hours, please notify Dr. Regan.
- Tiny scabs (of less than 1 mm in diameter) may form 24-72 hours post-treatment and may remain for several days. The scabs should not be touched or scratched (even if they itch) and should be allowed to shed naturally.
- During the first week following treatment, care should be taken to prevent trauma to the treated site: avoid hot baths, massage, and avoid retinoids and any products that exfoliate the skin. The skin should be kept clean to avoid contamination or infection; any mechanical or thermal damage to the area must be avoided.
- You may have mild swelling and redness for 1-3 days after your treatment. Patients may apply an icepack (no direct contact) to the irritated area for 15-minute sessions 3 to 4 times a day.
- Always use a minimum of SPF 30 sunscreen to protect your skin after your treatment and

anytime while in the sun.

### ***Immediately Following Procedure***

You can expect your skin to be a little pink or red and feel warm and tight, similar to having a moderate sunburn. You may also notice small needle marks on the treated area, but don't worry! These will fade over the next few days. It's normal to experience a little swelling, possible bruising, or bleeding/crusting. This is a natural response and typically goes away in a few days but resist the urge to pick at any scabs. Cool compress may be used for comfort.

### ***24 Hours Following Procedure***

You can wash the treatment area with a mild, non-abrasive cleanser and lukewarm water. Avoid scrubs or exfoliants and be sure to pat dry the skin with a clean towel. Time for Alto Defense Serum, Hydration Boosting Cream, and Skinbetter Science Mineral Sunscreen! Alto Defense contains antioxidants to calm and soothe the skin, reducing the appearance of skin redness and promoting healing. Continue to avoid activities that expose you to the sun. Also, avoid activities that cause sweating (working out) and expose the skin to excess moisture or heat (hot tubs, saunas, super hot showers). **Wash your hands before touching your face.** Be consistent about avoiding any sun exposure. As with many aesthetic treatments, Exion Radiofrequency Microneedling can temporarily increase your skin's sun sensitivity.

### ***72 Hours Following Procedure***

You may start applying makeup to the skin at this point. Avoid fragrances and harsh chemical ingredients.

### ***7 Days Following Procedure***

You can now resume your typical skin care routine, including your retinol products (if scabs are healed).

### ***14 Days Following Procedure***

For a minimum of 14 days you should avoid sun exposure because you are more prone to sunburn and pigmentation change. Be sure to reapply your mineral sunscreen, even when not in direct sunlight! Gentle exfoliation may be performed at this time.

### ***4 Weeks Following Procedure***

Exion Radiofrequency Microneedling results are often noticeable within just four weeks, but as the collagen and elastin production continues, your results will get better and better. The best results of more youthful and radiant skin that lasts occurs **3 months** after the last treatment.