



Pre and Post-Care Instructions for VIVACE Radio Frequency Microneedling

Vivace Pre-Treatment Instructions:

- Please discontinue products containing any exfoliating agents (retinoic acid, tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, astringents, etc.) 7 days before treatment.
- If you have a history of herpes or cold sores, we highly recommend a course of anti-viral medication pre and post treatment. This will prevent an outbreak of cold sores if you are prone to them. Cold sores can also break out on people who are not prone to them, but who have sensitive skin. If you would like us to call in a prescription for you, please call our offices.
- No waxing, depilatory creams or electrolysis to the area being treated for 5-7 days prior.
- Avoid tanning beds or unprotected sun exposure, or sunburn for at least 2 weeks prior to treatment. Always use a zinc oxide sunscreen with SPF 30+. Also avoid self-tanning products 5-7 days before treatment.

Vivace Post-Treatment Instruction:

Immediately Following Treatment

- Do not apply anything to the skin on the day of treatment other than skincare given by provider.
- Avoid clothing, headbands, hats or scarves on the treated area. If clothing is to be worn over the treatment area, we recommend cotton clothing that hasn't been treated with fabric softeners or dryer sheets.
- Bruising, pinpoint bleeding, minor scabbing, minor breakouts, swelling and/or redness may occur and will resolve within 1-7 days of treatment.

Days 1-3 Post Treatment

- AM Routine: Cleanse skin, apply Factor5 serum and follow with an SPF.
- PM Routine: Cleanse skin, apply Factor5 serum and follow with a moisturizer.
- Do not pick, peel, rub, scrub or irritate your skin in any way while it is healing, as this may cause scarring.
- Call your clinician if you experience any scabbing or breakouts so you can be guided through the best way to care for your skin. Picking, pulling, putting on products that are not appropriate can cause scarring. Be sure to call the office for guidance.
- Refrain from deep exfoliation, retinols, glycolics or products that dry or irritate the skin for 5-7 days post treatment.
- Do not use an electric or manual facial brush of any kind (i.e. Clarisonic or something of the like) for 7 days post treatment
- Avoid sun tanning and prolonged exposure to direct sunlight for at least 2 weeks. After 24 hours, patients can use sunblock or moisturizer with sunblock (30 SPF or higher)
- Avoid heat, saunas, hot tubs, steam baths and sweaty activity; this includes **exercise of any kind** for 48 hours.
- Mineral make-up may be worn; however, we strongly recommend waiting until the day after treatment & applying with a new or freshly cleaned brush.

Days 4+

You may resume your regular skin care routine.

VIVACE treatments should be scheduled **4 to 6 weeks apart**. A series of **3 treatments is recommended** for new patients. After treatment series is completed, a maintenance treatment should be considered every 6 months, or sooner based on patient's skin goals.

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Date