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PIXEL 8 (RADIOFREQUENCY MICRONEEDLING) PRE AND POST-CARE INSTRUCTIONS

PREPARING FOR YOUR PIXEL 8 PROCEDURE

- The treated area may be pink and mildly inflamed (similar to the appearance of a mild sunburn) for 24-48 hours following your Pixel 8 procedure.

- You may peel for a few days after that.

- If you are prone to herpes simplex outbreaks, such as cold sores, please let Dr. Goodman know so she can pretreat you with Valtrex or determine whether the procedure is appropriate for you.

- If your face or treatment area has irritated skin (sunburn, open wounds, sores) the day preceding your appointment, please contact our office before your appointment.

- This procedure may not be performed on active breakouts or open lesions.

- Wait at least 3 days post isotretinoin use before your PIXEL 8 procedure, as isotretinoin use may impair proper wound healing.

- Avoid sun exposure for 24 hours prior to the procedure.

- Discontinue the use of topical products containing Alpha Hydroxy Acids (AHAs), Retinol or Vitamin A for 24 hours prior to procedure.

- If you are on autoimmune therapy, please let Dr. Goodman know to see if the procedure is appropriate for you.

- On the day of your treatment please arrive with clean skin and **NO** makeup.

POST PIXEL 8 PROCEDURE GUIDELINES

- 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. Goodman.
- Tiny scabs (of less than 1mm 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.
- You will be more sensitive after your first treatment. With each treatment your collagen will build and you will heal quicker.

First 24 hours:

- Always make sure your hands are clean.
- You may have mild swelling for 1-3 days after your treatment. Do not apply ice. - Avoid washing your face. If it gets wet, PAT DRY. Don't rub.
- It is important to keep your skin moisturized after treatment. We recommend a hyaluronic acid.
- Avoid sun exposure.
- Do not apply any other skin care products to the face.
- Sleep on a fresh pillowcase.
- No swimming for at least 3 days post treatment

24-72 hours:

- Cleanse skin as needed with a gentle cleanser. PAT DRY.
- Do not apply serums or products containing Vitamin C or Retinol. You may use Hyaluronic acid and a gentle moisturizer.
- Care should be taken to prevent trauma to the treated site: avoid hot baths, massage, irritating skin care products, exfoliants, etc. The skin should be kept clean to avoid contamination or infection; any mechanical or thermal damage to the area must be avoided.
- Avoid strenuous exercise or excessive perspiration, as excess blood flow and sweat can cause discomfort and irritation to compromised skin for 72 hours.
- Make sure to apply a MINERAL based sunscreen > SPF 30 before going outdoors. - Avoid any products that sting or cause discomfort.
- When going back to your normal skin care routine, re-introduce active serums and products (Retinol, Vitamin C, Vitamin A, etc.) slowly with decreased amounts and start every other day. Your skin will be sensitive.