

## Potenza RF Micro-Needling

### Pre-Treatment Care

- Avoid retinoids, exfoliants, and strong skincare products 3–5 days before treatment.
- Keep treatment area clean and free of makeup, lotions, or oils on the day of procedure.
- Avoid sun exposure and tanning for at least 2 weeks prior.
- Inform provider of any active infections, cold sores, or recent isotretinoin use.
- Men should shave beards in treatment area before appointment.

### Post-Treatment Care

- Expect mild redness, swelling, pinpoint bleeding, and tenderness lasting 1–3 days.
- Keep the skin clean and moisturized with gentle, fragrance-free products.
- Avoid sun exposure; apply broad-spectrum SPF 30+ daily for at least 4 weeks.
- No makeup, exfoliation, or active skincare (AHAs/BHAs/retinoids) for 5–7 days post-treatment.
- Avoid heavy sweating, saunas, and hot baths for 48 hours.
- Do not pick or scratch the treated area; allow any crusting or peeling to resolve naturally.
- Use cold compresses Alumier Rescue Balm, Alumier Calm R, or Alastin Skin Nectar for soothing if needed.
- Follow up with your provider if you notice excessive redness, blistering, or signs of infection.
- Notify your provider immediately if you notice blistering, excessive pain, signs of infection, or pigment changes at 604.687.2122