

Secret RF Treatment Aftercare Instructions

SECRET RF TREATMENT AFTERCARE INSTRUCTIONS

Thank you for choosing Secret RF treatment. This fractional radio-frequency microneedling procedure improves skin texture, tightens skin, reduces fine lines, and diminishes scars. Proper aftercare is essential to support healing and maximise results.

Immediately After Treatment - Normal Sensations: Mild redness, warmth, and swelling are common immediately after the procedure. You may experience a tingling or tight sensation in the treated areas. These effects usually resolve within a few hours to 1-2 days.

Avoid Touching the Skin: Do not scratch, rub, or pick at the treated area to prevent irritation or infection.

First 24-48 Hours - Cleansing: Wash your face gently with a mild, non-alcoholic cleanser. Avoid scrubs, exfoliants, or harsh products. **Moisturising:** Apply a gentle, fragrance-free moisturiser to keep the skin hydrated and reduce tightness.

Cold Compress (if needed): You may apply a clean, cold compress for 10-15 minutes to soothe any discomfort.

Avoid Makeup: Do not apply makeup for the first 24 hours. After that, use non-comedogenic products only.

First Week - Sun Protection: Your skin will be more sensitive to UV exposure. Avoid direct sun and always use a broad-spectrum SPF 30 or higher when outdoors.

Avoid Heat & Sweat: Refrain from saunas, steam rooms, hot showers, and strenuous exercise that causes excessive sweating.

Gentle Skincare: Continue with mild cleansers and moisturisers. Avoid alcohol-based products, retinol, or exfoliating acids.

Common Side Effects: Redness, swelling, or mild bruising. Temporary tightness, dryness, or flaking. Sensitivity to touch and temperature. These usually resolve within 3-7 days.

Long-Term Care: Continue using sun protection daily to maintain results. Maintain a gentle skincare routine with regular moisturising. Full results may take several weeks as the skin continues to regenerate. Attend follow-up appointments as advised to monitor progress.

When to Contact Us - Contact your provider immediately if you experience: Severe or worsening pain, swelling, or redness. Signs of infection, such as pus or warmth. Allergic reactions (itching, hives, or difficulty breathing). Any unusual changes in skin appearance or sensation.

It is essential that you have read all of the information available. Please let your practitioner know if you have any questions or if you do not understand any of the aftercare instructions provided below.

PATIENT CONFIRMATION

☐ I confirm that I have read and understood all the information on this Form and that I have been given the opportunity to ask any questions that have come to mind throughout.