



RF MICRONEEDLING + SUPERFICIAL LASER + GROWTH FACTOR + PEPTIDE MASK AFTERCARE AND CONSENT FORM

Procedural Description

The **RF Microneedling + Superficial Laser + Growth Factor + Peptide Mask** treatment is a comprehensive, minimally invasive skin rejuvenation procedure developed by Honey Skincare Studio. This treatment combines multiple technologies to stimulate collagen, tighten skin, and improve texture and tone:

1. **RF Microneedling (Radiofrequency):** Using insulated microneedles, radiofrequency energy is delivered into the skin, heating deeper layers and stimulating collagen and elastin production. This technique tightens the skin and enhances structure while minimizing surface damage.
2. **Superficial Laser Treatment:** A light laser treatment, such as Clear + Brilliant, Moxi, or CoolPeel, is applied to refine surface texture and address pigmentation, dullness, and other irregularities. This step complements the RF microneedling by providing an even, polished finish to the skin.
3. **Growth Factors Application:** Following RF microneedling and laser treatments, a serum rich in growth factors is applied to accelerate healing, reduce inflammation, and enhance collagen production. Growth factors aid in restoring skin resilience, reducing downtime, and promoting a radiant complexion.
4. **Peptide Mask:** An anti-inflammatory, cooling peptide mask is applied post-treatment to soothe and hydrate the skin, reducing redness and further supporting skin recovery. Peptides help reinforce the skin's natural repair processes, maximizing treatment benefits.

This combination treatment is suitable for a wide range of skin types and concerns, providing significant improvement in skin elasticity, texture, and overall vibrancy. Results are cumulative, with continued improvement over time.

Before Your Treatment

- **Avoid Blood Thinners:** Refrain from blood-thinning medications and supplements (e.g., aspirin, ibuprofen, fish oil) for 7 days before treatment to minimize bruising risk.
- **Avoid Retinoids and Acids:** Discontinue use of retinoids, AHA/BHAs, and exfoliating products at least 7 days prior.
- **Avoid Sun Exposure:** Limit direct sun exposure for 2 weeks before treatment.
- **Hydrate:** Drink at least 8 glasses of water daily for 7 days before your treatment.
- **Cold Sores:** Notify your provider if you have a history of cold sores. Antiviral medication may be required to prevent an outbreak.
- **Accutane Users:** Wait at least 6 months post-isotretinoin (Accutane) use before this procedure.

What to Expect During Treatment

- **Day 1:** The skin may appear red and flushed, with pinpoint bleeding at RF microneedling sites. Mild warmth or discomfort may be felt as RF energy is delivered.
- **Day 2-3:** Swelling, slight bruising, and dryness may increase. The skin may feel tight, with minor scabbing possible.
- **Day 3-7:** Skin dryness, mild flaking, and tightness are common. Peeling may occur, and texture will gradually improve as collagen production activates.

Post-Treatment Instructions

1. **Cleanse Gently:** Wash your hands thoroughly before gently cleansing the treated area with fingertips only. Wash the treated area with cool or lukewarm water and a gentle cleanser. Avoid using hot water as it can irritate the skin or exacerbate dryness.
2. **Disinfect:** We recommend using a hypochlorous acid disinfectant spray morning and night for the first 72 hours to reduce infection risk while the skin is healing. This spray provides gentle protection without irritation. Speak with your provider about purchasing a suitable hypochlorous acid spray, available through Honey Skincare Studio.
3. **Moisturize and Support Healing:** Proper skin care after treatment is crucial to your results. Use post-treatment serums and moisturizers that support hydration and collagen production. We recommend:
4. **Plated Exosomes:** Enhances skin regeneration and accelerates recovery.
5. **SkinMedica TNS Serum:** Contains growth factors that stimulate collagen production and improve skin texture.
6. **Alastin Recovery Complex:** Includes peptides to support natural skin recovery and boost resilience. Apply as directed by your provider to maximize treatment benefits.
7. **Physical Sunscreen Only:** Use only physical (mineral) sunscreen with SPF 40+, containing zinc oxide or titanium dioxide, to protect your skin. Chemical sunscreens can cause burns or irritation on treated skin. Reapply as needed throughout the day.
8. **Avoid Heat and Sun Exposure:** Avoid direct sun exposure, hot showers, saunas, and strenuous exercise for 48 hours to reduce swelling and prevent irritation.
9. **Stay Hydrated:** Drink plenty of water to support skin rejuvenation and healing.
10. **No Makeup for 24-72 Hours:** Avoid makeup for at least 72 hours post-treatment to reduce infection risk. A tinted post-procedure sunscreen may be recommended by your provider.
11. **Cold Compresses:** Use clean, cool compresses for 15 minutes each hour if swelling is present, but avoid applying pressure.
12. **Do Not Pick:** Avoid picking or touching any peeling or scabbing to prevent scarring and support smooth, healthy healing.

Potential Risks and Side Effects

- **Common Side Effects:** Temporary redness, swelling, mild discomfort, and pinpoint bleeding in the treated areas.
- **Bruising and Tenderness:** Mild bruising and tenderness may occur and will fade gradually.
- **Pigmentation Changes:** Hyperpigmentation or hypopigmentation may occur, especially if sun exposure is not avoided.
- **Infection:** Contact our clinic immediately if you observe redness, warmth, fever, or pus at the treatment sites.
- **Scarring:** Rare but possible; following all aftercare instructions minimizes risk.
- **Dryness and Peeling:** Expected as the skin heals and may last up to a week.

Contraindications

This treatment is not suitable for individuals who:

- Are pregnant or breastfeeding.
- Have active skin infections, open lesions, or severe skin conditions at the treatment site.
- Have a history of keloid or hypertrophic scarring.
- Have used isotretinoin (Accutane) in the last 6 months.

Consent to Clinical Photography

I understand that clinical photographs may be taken before and after my treatment for documentation, treatment planning, and monitoring purposes. These images will be kept confidential and stored securely as part of my medical record.

CONSENT CONFIRMATION

I have read and fully understand the information provided in this consent form for the **RF Microneedling + Superficial Laser + Growth Factor + Peptide Mask** treatment. I am aware of potential risks, benefits, and post-care requirements and agree to follow all provided instructions. I confirm that I have had the opportunity to ask questions, and all my questions have been answered to my satisfaction.

In case of any concerns or adverse reactions following the treatment, I agree to contact Honey Skincare Studio at 703-589-9665 immediately.

PRINTED NAME:

SIGNATURE:

DATE:
