



# MICRO-NEEDLING RF AFTERCARE AND CONSENT FORM

## Procedural Description

Radiofrequency, or RF, is a type of energy from radio waves and can be used both for skin resurfacing and skin tightening. It delivers heat into the deep layers of the skin, causing the collagen structures to tighten and, over time, to produce new collagen.

Microneedling is the process of applying a roller or pen-type device tipped with rows of tiny needles to the skin in order to create thousands of holes in the epidermis to increase the efficiency of skincare products and to stimulate growth factors and collagen production within the skin. Microneedling's wound healing response also helps address surface skin and textural problems such as acne scars, large pores, stretch marks, and wrinkles.

RF microneedling delivers radiofrequency energy into the skin through microneedles of varying lengths, which have been insulated, so that the RF energy emerges just at their tips. Both radiofrequency and microneedling do very similar things, namely boosting collagen and elastin production in the skin. Radiofrequency stimulates our body's cellular responses using heat, resulting in tightening existing elastin and collagen at the same time as boosting new collagen. Microneedling creates a controlled injury, which stimulates the body's wound healing response, once again kick-starting fibroblast activity, resulting in softening textural issues and boosting of new and existing collagen and elastin.

At Honey Skincare Studio our favorite treatment is to combine both micro-needling RF with the traditional SkinPen right afterwards. Traditional microneedling will deliver a positive effect over a few treatments; adding radiofrequency energy reduces the time it takes to see great results and increases the results seen. RF microneedling is great at internal skin tightening and Skinpen is great at softening the surface texture, the results are more well-rounded, more dramatic, and longer-lived. Take advantage of the benefits of this optimized treatment, finishing it off with Growth Factors which have been shown to stimulate somatic cells to produce more rapid collagen production due to synergistic effects also dramatically reducing wound healing and recovery time.

## Before Your Treatment

- Avoid the use of non-steroidal anti-inflammatory drugs (NSAIDs like aspirin, Motrin, Advil, ibuprofen, or any other non-Tylenol, non-acetaminophen product) for two weeks prior to treatment to minimize the potential for bruising, unless the medications involved are prescribed for the treatment of an existing medical condition.
- Hydrate: for seven days prior, moisturize your skin in the morning & evening. Drink at least 8 glasses of water per day.
- If you have a history of fever blisters, take antiviral medication starting 1 day prior and follow the directions on your prescription.
- Stop all topical acids (like glycolic, alpha, or beta hydroxy acids), retinol, Retin-A, or other like products 4 days prior to treatment.
- Avoid prolonged sun exposure or self-tanner 4 weeks prior to and during your treatment regimen, as sun damage is more sensitive to lasers and self-tanner or tanning lotions can and will lead to adverse effects, such as burns in the skin.
- Inform your provider if you have used Accutane in the past 12 months.

## What to Expect During Treatment

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- Day 1: Skin will be red and flushed after treatment, depending on the intensity of the treatment. Pinpoint bleeding may occur. It is recommended to sleep with your head elevated above your heart to help minimize swelling.
- Do not apply makeup for at least 24 hours. Preferably 3-4 days.
- Day 2: A red or pink hue persists like a moderate sunburn. Swelling and minor scabs/scratches may be more noticeable on the second day and is a part of normal healing. Apply moisturizing products as needed.
- Day 3: Skin can be pink or normal color. Swelling subsides. The skin can feel dry or feel tight. A slight outbreak of acne or milia is possible. Staying as hydrated as possible usually helps minimize breakouts.
- Day 3-4: If not too dry, you can lightly and sparingly incorporate a toner with AHAs/BHAs to help minimize breakouts.

## Post-Treatment Instructions

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- A certain degree of discomfort, redness, and/or irritation during and after treatment is expected. If any discomfort or irritation persists for more than 24 hours, please notify the treatment facility.
- Tiny scabs (of less than 1 mm 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.
- During the first two days following treatment, care should be taken to prevent trauma to the treated site: avoid hot baths, massage, irritating skin care products or exfoliants, etc. The skin should be kept clean to avoid contamination or infection; any mechanical or thermal damage to the area must be avoided.
- It is important to keep your skin moisturized after the treatment.
- You may have mild swelling for 1-3 days after your treatment. Patients may apply an ice pack (NOT direct ice) to the irritated area for 1-2 days in approximately 15-minute sessions 3-4 times per day. Redness for 1-3 days is common. After 12 hours post-procedure, the patient may apply a hydrocortisone cream 3-4 times per day to reduce redness.
- Mineral makeup or tinted mineral spf may be applied 12-48 hours following treatment.
- Avoid prolonged sun exposure or use of a tanning bed for at least two weeks after the treatment, as the skin that was treated will be more sensitive to the sun after your Sublative treatment.
- Use a minimum of SPF 40 daily to protect your skin after your treatment. Use a post-procedure physical, not chemical SPF only. Reapply sunscreen every 2 hours. If direct sun exposure is necessary, wear a hat and clothing that covers the treated area. Practicing diligent sunscreen use may lower the risk of procedure-induced hyperpigmentation. Strictly avoid any sun exposure to the treated area for a minimum of 7-14 days after the procedure.

## Micro-needling RF Consent Form

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The nature of the Micro-needling RF procedure has been explained to me. I understand that just as there may be benefits from the procedure, all procedures involve risk to some degree. Side effects of laser resurfacing can have pain, prolonged redness, broken capillaries, white heads & pimples, hyper and/or hypopigmentation, infection, bleeding, scarring, sensitivity, allergic reactions, damage to eyes and/or surrounding structures, burns, dissatisfaction with results, need for further procedures, & unforeseen side effects may occur. I understand that the following are among the expected side effects of the Micro-needling RF procedure:

**Discomfort:**

Most people will feel some heat-related discomfort (pain) with the treatment. This discomfort is usually temporary but may persist for a few days.

**Persistent Redness, Itching, AND/OR Swelling:**

Itching, redness, and swelling are normal parts of the healing process. These symptoms rarely persist longer than 24 hours.

**Blisters:**

Mild to moderate blisters developing after the treatment are uncommon but have been reported. If Blisters do develop, care should be taken not to disturb or unroofed, blistering should be evaluated by the treated provider.

**Transient acne flare-ups:**

Whiteheads & pimples can pop up after the treatment as purging can sometimes happen but can be easily controlled by homecare products, consult with your provider on how to manage purging.

**Temporary skin dryness:**

Temporary mild skin dryness is common after the treatment. Itching sensations often occur if the skin dries or as the old skin is shed and the new skin is formed. If skin dryness occurs, it is normally noticed 1-3 days after treatment and typically resolves within a week. Make sure to hydrate and nourish properly.

**Scarring:**

Scarring is a rare occurrence, but it is a possibility whenever the skin's surface is disrupted. To minimize the chances of scarring, it is important that patients follow all post-treatment instructions provided by their provider. Good post-treatment care will help reduce the possibility of scarring.

**Pigment/Color Change (hyperpigmentation):**

During the healing phase, the treated area may appear to be darker. Brown darkening of the skin (hyperpigmentation) can occur either following blistering or crusting or as a result of inflammation during the recovery period. PIH occurs as a part of the normal skin reaction to injury. The skin functions become hyperactive during the healing process, including cells that produce pigment. PIH occurs more frequently with darker-colored skin, after sun exposure to the treatment area, or with patients who already have a tan.

**To reduce the risk of PIH, the treated area must be protected from exposure to the sun** (sunscreen for 2 months after treatment); however, in some patients, increased skin coloring may occur even if the area has been protected from the sun. This pigmentation usually fades in 3 to 6 months. Hyperpigmentation is very rarely permanent. Your treating provider may recommend topical skin-lightening products to accelerate the return to normal pigmentation levels. Lastly, avoid picking and/or peeling the skin during the healing period.

**Hypopigmentation:**

Lightening or loss of skin pigmentation is very rare, however, it is a possible adverse event, especially in patients with a history of vitiligo or pigmentary disorders.

**Infection:**

Infection is possible after treatments; herpes simplex virus infections can occur following treatments. This applies to both individuals with a history of cold sores and individuals with no known history. We recommend purchasing **Levicyan™** Antimicrobial Dermal Spray, a hypochlorous acid (HOCl) based topical prescription product that cleanses, moistens, and removes foreign material, to mitigate any risk of infection. Other signs of an infection can be high fever, purulence (pus), worsening redness, increased swelling in the area, blisters, pustules, and worsening pain. Should these symptoms occur, the clinician must be immediately notified to prescribe appropriate medical care. Topical and/or oral antibiotics may be necessary.

**Allergic Reactions:**

Allergic reactions can occur. Some persons may have a hive-like appearance in the treated area. Some persons have localized reactions to topical ointments/creams. Systemic reactions are rare.

**Lack Of Permanent Result:**

Micro-needling RF will not completely or permanently improve skin texture, tone, elasticity, hyperpigmentation, or scars, or minimize fine lines and wrinkles. It is important that your expectations be realistic, and that you understand that the procedure has its limitations. Additional procedures may be necessary to achieve your desired effect.

**Unsatisfactory Result:**

Although rare micro-needling RF, there is a possibility of a poor result from any cosmetic procedure. Micro-needling may induce undesirable results, including but not limited to skin sloughing, scarring, permanent pigment change, and/or other undesirable skin changes. There is always a possibility that you may be disappointed with the results of micro-needling RF.

**I acknowledge the following has been discussed with me:**

- Vivace technology utilizes fractional radiofrequency (RF) and micro-needling indicated for facial/neck/chest and back of hands, as well as body areas.
- The Vivace treatment induces ablation, thus improving the appearance of rough texture, fine lines, wrinkles, and depressed scars, such as acne scars along with superficial pigments that will be ablated. The treatment also induces skin rejuvenation by heating of the dermis which stimulates collagen and elastin generation and replenishment.
- The treatment requires anesthesia that involves topical cream, injections, or sedation according to the treatment parameters and the provider's discretion.
- The treatment is intended to be used on clean, dry skin only.
- I understand that taking the treatment course is my choice and that I am free to withdraw at any time, without giving any reason.

- There may be alternative procedures or methods of treatment, such as fractional lasers for ablation (HALO, CO2) and lasers, IPL/BBL, or RF-based systems for skin rejuvenation. Details were explained to me.
- I was told about the possible side effects of the treatment including local pain, skin redness (erythema), swelling (edema), damage to the natural skin texture (crust, blister, burn), change of skin pigmentation (hyper- or hypo-pigmentation), pinpoint bleeding and scarring.
- Although these effects are rare and expected to be temporary, redness and swelling may last up to 6 weeks and are part of a normal reaction to the treatment. Burns and resulting pigmentation change and scarring are rare and may happen in dark skin that is not taken care of according to post-care instructions (refrain from sun exposure). Tiny scabs may appear on the face for a few days as part of normal healing, however, make-up may be applied as soon as 1-3 days after the session to mask them and residual redness. Any adverse reaction should be reported immediately to your provider.
- I understand that the treatment involves multiple sessions, 30-60 days apart, according to treatment parameters and individual responses.
- I understand that I have to comply with the treatment schedule, otherwise, results may be compromised.
- I recognize that during the course of the procedure, unforeseen conditions may necessitate different procedures than this above and I authorize the providers to perform such other procedures if they find them professionally desired.
- Financial Responsibilities - This procedure is elective and not medically necessary and therefore, not covered by insurance. Any complications requiring additional medical care and/or treatment or revisionary procedures would be the patient's responsibility also. There are no refunds.
- I understand that not everyone is a candidate for this treatment and results may vary.

**For women of childbearing age:**

By signing below, I confirm that I am not pregnant and do not intend to become pregnant at any time during the course of the treatment. Furthermore, I agree to keep Honey Skincare Studio and my provider informed should I become pregnant during the course of the treatment.

## WRITTEN CONSENT

Photographic documentation will be taken. I hereby do authorize the use of my photographs for teaching purposes.

BY MY SIGNATURE BELOW, I ACKNOWLEDGE THAT I HAVE READ AND FULLY UNDERSTAND THE CONTENTS OF THIS INFORMED CONSENT FORM FOR THE TREATMENT OF ACNE, AND THAT I HAVE HAD ALL MY QUESTIONS ANSWERED TO MY SATISFACTION BY HONEY SKINCARE HEALTHCARE TEAM.

I have read this form and understand it, and I request the performance of the procedure.

PRINTED NAME:

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SIGNATURE:

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DATE:

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