



MICRONEEDLING RF + SKINPEN MICRONEEDLING + GROWTH FACTORS AFTERCARE AND CONSENT FORM

Procedural Description

The **Microneedling RF + SkinPen Microneedling + Growth Factors** treatment combines advanced technologies to rejuvenate the skin by enhancing collagen production, reducing fine lines, and improving skin texture and elasticity. This powerful combination includes:

1. **Microneedling RF (Radiofrequency):** This technique delivers radiofrequency energy into the skin via insulated microneedles. RF energy heats the deep layers of the skin, stimulating collagen and elastin production, providing both skin tightening and resurfacing benefits.
2. **SkinPen Microneedling:** SkinPen creates micro-injuries in the skin's outermost layer, triggering a natural healing response that enhances collagen and elastin production. This process addresses surface texture issues, such as acne scars, fine lines, and hyperpigmentation.
3. **Growth Factors Application:** Applied topically post-treatment, growth factors and cytokines aid in the skin's healing process, supporting collagen formation, minimizing inflammation, and accelerating recovery. Growth factors from Omni Bioceutical's Core Recovery Complex work synergistically to reduce downtime, improve skin resilience, and promote a radiant complexion.

This combination treatment targets surface texture and deeper skin layers, optimizing collagen synthesis and delivering more dramatic, longer-lasting results than each modality alone.

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 reduce the risk of bruising.
- **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. You may need antiviral medication before treatment.
- **Accutane Users:** Wait at least 6 months post-isotretinoin (Accutane) use before this procedure.

What to Expect During Treatment

Day 1:

- Skin may appear red and flushed, similar to a moderate sunburn, and may experience pinpoint bleeding.
- You may feel warmth or mild discomfort as the RF energy is delivered and microneedles create micro-injuries in the skin.

Day 2-3:

- Swelling, slight bruising, and dryness may increase. Skin may feel tight, and minor scabbing can appear.

Day 3-7:

- Skin dryness, mild flaking, and tightness are normal. Peeling may begin, and skin 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. Avoid harsh cleansers, exfoliants, or scrubs. Use a mild, non-irritating cleanser recommended by your provider to ensure gentle cleansing without disrupting the skin's healing process.
2. **Disinfect:** To reduce the risk of infection while the skin is healing, we recommend using a hypochlorous acid disinfectant spray morning and night for the first 72 hours. This spray provides an extra layer of protection by disinfecting the treated area without causing irritation. Speak with your provider about purchasing a suitable hypochlorous acid spray, available through Honey Skincare Studio.
3. **Moisturize and Support Healing:** How well you care for your skin after treatment will greatly impact your results. To optimize healing, use post-treatment serums and moisturizers that support hydration and collagen production. We highly recommend incorporating products with growth factors, peptides, and exosomes to enhance results. The top products recommended by Honey Skincare Studio for this include:
 - **Plated Exosomes:** Enhances skin regeneration and accelerates recovery.
 - **SkinMedica TNS Serum:** Contains growth factors that boost collagen synthesis and improve skin texture.
 - **Alastin Recovery Complex:** Formulated with peptides that support natural skin recovery and improve resilience.
4. Apply your chosen post-treatment products as advised by your provider for maximum effectiveness.
5. **Avoid Heat and Sun Exposure:** Avoid direct sun exposure, hot showers, saunas, and exercise for at least 24-48 hours to minimize swelling and prevent skin irritation.
6. **Physical Sunscreen Only: Only use a physical (mineral) sunscreen with SPF 40+,** containing ingredients like zinc oxide or titanium dioxide, to protect your skin after treatment. Chemical sunscreens can cause burns or irritation on hypersensitive, treated skin, which can lead to adverse reactions. Reapply the physical SPF as needed throughout the day to maintain protection.
7. **Stay Hydrated:** Drink plenty of water to aid in recovery and skin rejuvenation.
8. **No Makeup for 24-72 Hours:** Avoid makeup for at least 72 hours post-treatment to reduce the risk of infection and irritation. You can use a tinted post-procedure sunscreen recommended by your provider.
9. **Cold Compresses:** If swelling is present, apply clean, cool compresses to the area for 15 minutes every hour as needed, taking care not to apply pressure.
10. **Do Not Pick:** Avoid picking or touching any peeling or scabbing skin to prevent scarring and promote smooth, healthy healing.

Potential Risks and Side Effects

While generally safe, some risks include:

- **Redness, Swelling, and Discomfort:** Temporary redness, swelling, and mild discomfort in the treatment area are common and generally resolve within a few days.
- **Bruising and Tenderness:** Bruising and tenderness may occur and will fade gradually.
- **Pigmentation Changes:** Hyperpigmentation or hypopigmentation can occur, especially with sun exposure; protect treated areas with SPF.
- **Infection:** Signs include redness, swelling, fever, or pus. Contact our clinic immediately if infection is suspected.
- **Scarring:** Rare but possible; avoid sun and follow post-care to minimize risk.
- **Dryness and Peeling:** These temporary symptoms are 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 in the treatment area.
- Have a history of keloid or hypertrophic scarring.
- Have used isotretinoin (Accutane) in the last 6 months.

Consent to Clinical Photography

I consent to photographs being taken before and after my treatment for clinical documentation and progress tracking. These images will remain confidential and are securely stored as part of my medical record, not used for marketing or educational purposes without my explicit consent.

CONSENT CONFIRMATION

I acknowledge that I have read and fully understand the contents of this informed consent form for the Microneedling RF + SkinPen Microneedling + Growth Factors 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 questions were 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:
