

VIVACE RF MICRONEEDLING TREATMENT

VIVACE® is a minimally-invasive FDA-cleared device that combines microneedling with radio frequency to help reduce the appearance of fine lines and wrinkles, tighten the skin, improve texture and tone, and can also help with acne scarring.

WHAT TO EXPECT

- Immediately after treatment, your skin may feel warm or sunburned for several hours and up to 2 days.
- Scaling skin, tiny scabs, and/or redness may appear for a few days as part of normal healing.
- Less common side effects may include, but are not limited to: *local pain, damage to natural skin texture (crust, blister, burn), change of skin pigmentation, pinpoint bleeding, and scarring*

BEFORE YOUR TREATMENT

- Do not take Accutane in the 6 months prior to beginning your treatment sessions.
- **2 WEEKS OUT:** Avoid excessive sun exposure and wear SPF 30-50 sunscreen daily. Discontinue the use of any self-tanning products. Avoid using non-essential blood thinners: aspirin, NSAIDs, vitamin E, fish oil, ginkgo biloba, green tea, and turmeric.
- **1 WEEK OUT:** Discontinue the use of exfoliating products, Retin-A, and all other retinoid and/or anti-aging products. Do not wax or use depilatory creams or electrolysis in the treatment area. If you have a history of cold sores, make sure to obtain your prescription antiviral medication.
- **THE DAY BEFORE:** You may take an oral antihistamines such as Allegra, Claritin, or Zyrtec to reduce the risk of swelling. If you have a history of cold sores, start your antiviral medication and continue for 4 days after.

AFTER YOUR TREATMENT

- You may take Tylenol for any discomfort. To reduce any swelling, sleep with your head elevated and continue to take antihistamines for the next 2 days (longer, if needed). If swelling is more significant, you may also take oral Benadryl at night.
- Do not use any additional skincare products for 24 hours unless instructed by your provider, then begin daily use of SPF 30-50.
- If you like, you may wear mineral-based makeup the day after your treatment - be sure to apply with clean brushes.
- You may restart non-essential blood thinners (aspirin, NSAIDs, etc.) the day after your treatment.
- After 2 weeks, you may restart using Retin-A and other retinoids and/or anti-aging products.

WHAT TO AVOID

- Be gentle to your skin and do not rub, scrub or pick at the treated areas.
- Avoid heavy exercise, saunas, hot showers (lukewarm water is OK) or anything that causes excessive sweating or flushing of your skin (alcohol, spicy foods, caffeine) for up to 48 hours after your treatment.
- Avoid anything that causes excessive friction to the treated areas.
- Avoid all sun exposure for 3 days after your treatment and avoid direct sun exposure for 14 days after.

If you experience excessive tenderness, redness, or any signs of infection like drainage that is yellow or green, or a fever of 101.5 or higher, please contact our office immediately: (770) 497 0699