



Secret™ RF Treatment Instructions

Pre-Treatment:

- Avoid facial shaving/waxing and skincare products such as Retinol, Tretinoin/Retin-A, Vit C, Salicylic/Glycolic acid, etc. that could be irritating for 1-week prior.
- Wait at least 2 weeks after Botox/Facial Filler and 4 weeks after any chemical peel, laser, microneedling before receiving treatment.
- Remove any make up prior to your appointment.
- Please inform your provider if you have a history of cold sores, open wounds, or any active infections.
- If you need to cancel/reschedule your appointment, please provide a 48 hour notice to avoid any fees.

Post-Treatment

- Redness/tightness/rough skin/swelling/itching are all normal after treatment and can last 3-7 days.
- Clean ice packs wrapped in a towel can be used intermittently to help with discomfort and swelling.
- Wait 6-8 hours before washing the face, a gentle cleanser and moisturizer should be used for 1-week.
- Avoid direct sun exposure and tanning/tanning products for 2 weeks, and SPF should be applied daily.
- Crusting/flaking of the skin may occur 3-5 days after treatment, do not pick or scratch the skin.
- Do not apply any make up for at least 24 hours.
- Avoid swimming, vigorous exercise, hot tubs, saunas, and steam rooms for 48 hours.
- Continue to avoid active ingredient skincare for 1-week after your treatment.
- If there are signs of fever, blistering, infection, or prolonged redness/swelling, please call our office.

If you have any questions or concerns pre/post treatment, please contact our office at 503-699-6464

After Hours: 503-238-8369



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