

## Potenza RF Microneedling Pre & Post Care Guidelines

### Contraindications for Potenza Treatment:

- Patients with a pacemaker
- Pregnant or breastfeeding mothers
- Patients prone to keloids
- Embedded metal or electronic implants that cannot be turned off or removed
- Prior gold therapy treatments
- Active skin infection in the area intended to be treated

### Pre-treatment Guidelines/General Expectations:

- Discontinue the use of retinoids, chemical and manual exfoliants 3 days prior to the treatment
- No sunless tanner on the areas intended to be treated
- Avoid long term sun exposure 3 days prior to the treatment
- Increase water intake 48 hours prior to treatment for best results
- Avoid any sun exposure for 48 hours post procedure and long term, direct sun exposure for 1 week
- Avoid makeup to the areas treated for 1 week post treatment, to avoid the risk of infection or prolonged downtime
- Avoid heavy moisturizers and occlusive products on the skin for 5-7 days post treatment
- No chemical or physical exfoliation for 1 week post treatment (i.e. retinol, scrubs, washcloths)
- No swimming in pools, ocean or jacuzzi for 1 week post treatment
- Apply a mineral based SPF 30 or higher daily starting day 2 after the treatment to avoid the possibility of Post inflammatory hyperpigmentation (PIH)
- Recommend Purchase of a Bottle of our Alastin Skin Nectar for best results with recovery. Start a Thin layer morning and night to the area 1 week prior to treatment and 1 week post treatment.  
\*The Alastin Skin Nectar should last you for a series of 3 treatments if applied appropriately.
- A Series of Potenza Treatments is always recommended to get the Best Result.

### Post Care Kit:

- Cleanser
- Phyto Corrective Serum
- Hyra-Riche Replenishing Moisturizer
- Sunscreen

### Night of Treatment:

- Keep skin cool and avoid direct sunlight for the remainder of the day
- Cleanse skin with a gentle cleanser
- Apply a spray layer of Briotech Antimicrobial solution
- Apply collagen stimulation products such as Alastin Skin Nectar, TNS + Advanced, Dr. Monica's Needle Free Growth Factor Serum or Renewal Duo Serum. (if purchased)
- Apply Thin layer Phyto Corrective Serum

### Days 2 to 6

- Cleanse skin twice daily (morning and night) with a gentle cleanser
- It is highly recommended to apply collagen stimulating serums twice daily to the skin after cleansing to take advantage of the open channels after Potenza treatment. Recommended products

include Alastin Skin Nectar, TNS + Advanced serum, Dr. Monica's Needle Free Growth Factor Serum or Renewal Duo Serum.

- To prevent possible pustules and breakouts, continue Briotech spray (to decrease bacteria) on clean skin two to three times daily
- May begin using zinc oxide SPF 30 or higher in the morning if exposed to indirect sunlight

**Day 7:**

- You may return to your normal skincare regimen. Avoid retinol products until day 14