



Potenza RF Microneedling Pre & Post Care Guidelines

Pre Treatment Guidelines:

- Discontinue the use of retinoids, chemical and manual exfoliants 3 days prior to the treatment.
- Absolutely 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.

Post Treatment Guidelines:

- No makeup application to the areas treated for 1 week post treatment, this is to avoid the risk of infection or prolonged downtime.
- To avoid possible breakouts, use the Briotech skin spray on clean skin the night of the treatment and 2-3 times daily for 5 days post treatment.
- Avoid heavy moisturizers and overuse of products on the skin for 5-7 days post treatment.
- No Exfoliation of any sort for 1 week post treatment (i.e. retinol, scrubs, washcloths) to the treated areas.
- No strenuous activity for 48 hours post treatment.
- No swimming in pools, ocean or jacuzzi for 1 week post treatment.
- No long term sun exposure for 1 week following the treatment.
- Apply a mineral based SPF 35 or higher daily after the treatment to avoid the possibility of Post inflammatory hyperpigmentation (PIH).

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.