



HEARTLAND AESTHETICA
CURATED BEAUTY

10111 E. 21st St. Suite 305
Wichita, KS 67206
316-777-6393

Post-Secret RF

- **AVOID** Aspirin, Motrin, Ibuprofen, Aleve for 5 days after procedure. We are creating inflammation to initiate the rebuilding and repair process.
- Tylenol may be used for discomfort
- **AVOID** vigorous exercise, and heat exposure for at least 48 hours after your treatment.
- **AVOID** sun exposure and use SPF30
- **AVOID** Alcohol, caffeine, and cigarettes for 48 before and after your treatment
- **Immediately** after the procedure, the skin will be red and flushed in appearance in a similar way to moderate sunburn. You may also experience skin tightness and mild sensitivity to touch on the area being treated. This will diminish greatly after a few hours following treatment. After 3 days most visible redness will be resolved.
- Bruising, redness, and swelling may occur and will resolve with time.
- You may cleanse the treated area **4 hours** after treatment, discuss products with your provider
- **AVOID** skin irritants for 5 days post-treatment, for example, products containing tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, astringents, exfoliants etc.
- **NO** shaving with a razor blade in the treatment area for 5 days following treatment. You may use an electric razor after 3 days if desired.
- Makeup may be applied **48 hours** post treatment if the skin is not broken. Mineral makeup is preferred.
- Some patients may experience flaking 3-5 days post treatment. If this occurs do not pick flaking skin and continue using gentle cleanser a moisturizer until flaking resolves.
- **After 7 days** resume your normal skin care regimen as instructed by your provider.

When to call the office:

Excessive swelling or bleeding, fever, chills, or uncontrolled pain.