

Microneedling & Secret RF Post-Procedure Instructions

- 0 – 12 Hours: Hyaluronic acid gel only. Do not wash your face.
- After 4 Hours: Apply _____ as instructed
- 12-72 Hours: AM & PM Regimen
 - Gentle Cleanser
 - MGMD® Relief Cream +/- Alastin Nectar +/- Barrier Repair Cream
 - Add sunscreen after 48 hours
- Do NOT apply makeup to treated areas for 24 hours
- Only use the cleanser and moisturizer that have been recommended for the first 24 hours
- 24 hours after your procedure it is safe to use gentle skin cleansers (Dove, Cetaphil) and gentle facial moisturizers.
- Avoid sun exposure immediately following the procedure as you will be more sun sensitive for about 48 hours. Use a physical sunscreen SPF 30 or greater and avoid direct sunlight while your skin is healing. Dr. Grodberg recommends Alastin SilkSHIELD Mineral Sunblock SPF 30, or Isdin Clear. Sun block is recommended as part of your everyday skin care routine.
- Do NOT use skin exfoliants or scrubs for 10-14 days after treatment.
- Do NOT use any glycolic acids, retinoids or antiaging/anti-acne care products until at least 7 days after your treatment.
- Continue to take Valtrex to prevent Herpes outbreak if you have a history of cold sores
- Avoid high heat exposures such as hot tubs, saunas, steam, or sweaty exercise for a minimum of 48 hours after treatment. Use only lukewarm water when showering for the first 24 hours.
- Clean any items contacting your skin such as cell phones and glasses. Also change your pillowcase after each treatment

Please call our office 201-567-8884 for anything unusual such as pain, blistering or excessive redness.