

# VIRTUERF Pre- and Post-Care Instructions

R+ Med Spa



## Pre-Treatment Recommendations:

- No direct sun exposure for at least two weeks prior to the treatment other than normal sun exposure. Do NOT intentionally tan or spend significant time in the sun without total sunblock, not sunscreen.
- Do not use self-tanners. Your skin should be as light as possible prior to the treatment.
- Suspend use of Accutane products for four to 6 months prior to treatment.
- Do not use Aspirin or blood thinners, including supplements for at least 7 to 10 days prior to treatment.

## Post-Treatment Recommendations:

- Common expected skin reactions include erythema (redness), minimal edema (swelling), transient pin-point bleeding, and very slight discomfort after treatment. Pin-point bleeding should stop within minutes after application, discomfort within a few hours and erythema and edema gradually diminish to normal in 1 to 3 days.
- You may use a cool water compress and aloe gel on the treated area if desired.
- Cleanse treated area gently with a mild cleanser. Do not use excessive pressure when washing.
- Avoid direct sun exposure for a minimum of 3 days. Do not spend any significant time in the sun without a total sun block. Use moisturizer and a broad spectrum UVA/UVB sunscreen of at least SPF 50 daily during treatments.
- No shaving over treated area as long as red or swollen.
- Quick, warm showers are recommended. Avoid prolonged hot baths, saunas, hot yoga or extreme workouts for at least 48 hours after treatment.
- Avoid harsh topical products such as salicylic and glycolic acids, retinols, or alcoholbased toners for two weeks.
- You may continue use of Vitamin C serums, retinol and other treatment products when skin condition returns to normal.

If you have excessive swelling contact the office immediately at 270.651.4772 during business hours. For an after hours emergency please contact your technician. For increased redness swelling or uncontrolled pain please visit an after hours medical provider.

Additional Instructions: \_\_\_\_\_

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# VIRTUE<sub>RF</sub>

What to expect after your treatment.

## MICROCURRENT DUAL MASK

The Microcurrent Dual mask system soothes skin and eliminates redness.

First a wet Enriching Mask infused with antioxidants, vitamins, moisturizing and anti-inflammatory properties is applied to the skin. To activate the Enriching Mask, overlay a second dry Empowering Mask that uses patented Tissue X™ technology to deliver ingredients deeper into the skin with an ion induced current.



## CLEANSING

Cold water may be used for the 1st day post treatment. After day 1, it is important to maintain clean skin. Be sure to use a simple and gentle cleanser. Do not use excessive pressure when washing. Talk to your provider about the products they recommend for you.

## SUN EXPOSURE / SPF + MAKE-UP

Avoid direct sun exposure for a minimum of

**3 days**. Should you be outdoors, you can apply a SPF starting **24 hours** post treatment. In addition, you may apply makeup **24 hours** post treatment - just make sure to cleanse accordingly.



## EXERCISE

Avoid exercise and increasing your heart rate for **1 - 3 days** post treatment, and per your clinician's direction.

## SKINCARE REGIMEN

To ensure optimal results from your treatment, your provider will consult with you on best skincare products and practices post treatment.

