PRE and Post TREATMENT INSTRUCTION
for Potenza System Microneedling/Hemostasis and Electrocoagulation

Pre treatment

❖ Stay hydrated by drinking water (at least eight cups daily) or hydrating fluids to improve treatment outcomes.

❖ Avoid drinking alcohol for 24 hours in advance of treatment.

❖ For 3-7 days prior to treatment, at the physician's discretion, avoid therapies that may cause erythema (redness) or irritation, such as retinols or products containing isotretinoin and any exfoliating acid preparations.

❖ Shave visible hair from the treatment area.

❖ Male beards should be shaved on the day of treatment.

❖ The same procedure should be followed prior to each visit.

Post treatment

❖ Do not scrub or exfoliate the skin.

❖ Wash the area with warm water and a mild cleanser.

❖ Do not apply liquid makeup for 24 hours; mineral makeup is acceptable after the erythema resolves. Be sure to apply makeup with clean brushes to avoid spreading bacteria to the treated area.

❖ If erythema after treatment persists, use an ice pack or cool compresses at home, but always use a protective barrier, such as a face cloth, between the skin and the ice pack.

❖ Always wash your hands thoroughly before touching your face: there are micro-pathways that have been opened into the dermis and hands will introduce bacteria.

❖ If skin feels tight or dry, apply moisturizing cream frequently.

❖ If you currently have skin breakouts, you may find that the condition may temporarily worsen due to inflammation or edema.

❖ Do not pick at treated tissue: doing so may result in hyper or hypopigmentation.

❖ Avoid ultraviolet rays and apply sunblock >30 SPF UV A/B daily.

❖ Avoid alcohol consumption if possible.

❖ For 24 hours, refrain from high intensity aerobic exercise or activities that increase the body temperature like saunas, hot tubs, steam showers, or exercise (jogging, weight training, kickboxing, etc.).

Call your practitioner if any problems develop: concerns regarding rash, itching, erythema, etc., for more than 24 hours.