



PRE and Post TREATMENT INSTRUCTION

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.****