

SCARLET RF

PRE & POST CARE/CONTRAINDICATIONS



PRE-TREATMENT CARE

- You may not be treated if you:
 - arrive to your appointment with a sunburn/rash/inflamed skin/cuts/scratches
 - have had botox/filler/chemical peels/laser facials/RF face lifting/etc. within 2-4 weeks of treatment
 - are currently undergoing cancer treatment (chemotherapy/radiation)
 - keloid scar on your face or neck area (a test spot may be performed at the cost of the client, other treatments may be considered)
 - have an immune system disease (Hepatitis C, Aids, HIV, Collagen Vascular Disease, or other)
 - take blood thinners or have hemophilia
 - have active eczema, psoriasis, or dermatitis in the area
 - have an allergy to gold or latex
 - are pregnant or breastfeeding
 - If any of the above pertains to you, please let your provider know, alterations or exceptions may be made to treatment
 - Allow at least 24 hours after autoimmune treatments to have scarlet treatments
 - Wait 6 months following isotretinoin (Accutane) to have scarlet treatments
 - Fitzpatrick 4-6 (darker skin types): discolouration may darken before it lightens
 - If you have frequent cold sores, ensure you have taken cold sore medication prior to treatment, scarlet can cause a flare up
 - 24 hours before: no workouts, caffeine, alcohol, Aspirin/ASA, Advil/Ibuprofen, Niacin or Vit E
 - 7 days before - no brow waxing/tinting/microdermabrasion/laser procedures/chemical peels/sun/tanning beds/sunless tanner
 - Within 14 days before and after appointment stop using Retinol, or acidic products such as Alpha Hydroxy Acid (AHA), Beta Hydroxy Acid (BHA), Glycolic or Salicylic Acid
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THE DAY OF

- Arrive to your appointment with the treatment area free of make up & numbing creams. A normal morning skincare routine is safe, do not use any actives (vitamin C, retinol, etc.)
- Avoid any activities that will increase the body temperature for at least 2 hours before and after treatments
- Take pain medications at the time that your topical numbing is applied (acetaminophen only, NO anti-inflammatories)
- If you have any residual self tanner, ensure you remove it prior to treatment, otherwise, it may be tattooed into the skin
- Ensure sunglasses, hats, etc. are free from bacteria before wearing

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POST CARE

Scarlet RF treatments will cause the treated skin to have redness and inflammation immediately after the treatment in varying degrees. You may also feel some itching/burning sensations as the skin begins to heal from the microchannels. This typically lasts the remainder of the day, and occasionally into the following day.

- Discomfort is possible for the following 1-2 days, some clients experience itchiness, dryness, heat, inflammation and tightness
 - Ensure anything touching the treated area is clean: pillow cases, phone screen, your hands, etc.
 - Use post care as follows: only apply Hyaluronic Acid Serum or Collagen Serum the day of treatment, regular skin care routine with NO exfoliation and NO actives (vit. c, retinol, etc.) EX: calming or gel cleanser, hydrating serums (no acids), hydrating creams
 - No makeup or any other products on the day of treatment, the following day makeup can be applied, mineral makeup is best
 - Do not shave or exfoliate the area until the irregular texture has sloughed off, or for a minimum of 10 days
 - Do not partake in any activities where you will sweat for two days, do not have a bath or hot tub
 - Remember your SPF (SPF30 minimum)! Wear a hat!
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NEXT TREATMENT

- Schedule next treatment in 4-6 weeks, this will allow for your skin to heal properly prior to retreating
 - 3-5 treatments may be required depending on how your skin responds to this treatment, your current skin care routine, and how extensive skin goals are
 - Avoid tanning and excessive sun exposure both before and after treatment as this can negatively impact your skin's pigmentation and cause burning/blistering/hyperpigmentation/hypopigmentation
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CONCERNS?

If you have any questions, or experience something that you are unsure of, please take pictures and contact us immediately. On the off chance that you are responding in a different way than we have described, we want to be able to assist you in healing as efficiently and effectively as possible. Please contact us if you experience the following:

- Blistering
- Persistent pain in the area of treatment
- White bumps or acne like lesions that do not go away
- Irregular discolouration after healing