



## GENIUS™ RADIOFREQUENCY MICRONEEDLING

### WHAT

An intelligent technology that delivers thermal energy through micro-needles into the dermis. This creates a micro-injury to jump start your body's natural healing process, stimulating collagen and elastin production for a more youthful appearance. The device provides real-time feedback during the procedure by sensing the quality of your skin as energy is being delivered, making it personalized for each patient.

### WHO

Treatment, for all skin types, addressing following concerns:

Fine lines and creases, acne scarring, loose skin, large pores, dull looking skin, and uneven skin tone.

Contraindications include those on continual immunosuppression therapy, steroid use, those pregnant/nursing, uncontrolled diabetes, those with delayed or impaired healing, or implanted devices in the treatment area.

### HOW

**BEFORE:** An initial consultation will take place to assess your goals, provide instructions, and discuss whether this procedure is right for you. At the time of treatment, pre-treatment photos will be taken and topical numbing will be applied for 45 minutes prior to procedure.

**DURING:** The treatment can take anywhere from 30-60 minutes, depending on the target area. The device tip will press in an organized grid across the skin. Expect to feel discomfort, pressure and heat. Cooled air will be directed at the area as an additional comfort measure. For some, ProNox gas may be an additional pain control option as needed for an additional fee.

**AFTER:** Initial pinkness and swelling is to be expected for the first 24-48 hours. Other less common skin reactions include pin-point bruising, which fades in days, or slightly larger bruising which can take 7-10 days to dissipate. Once initial recovery is completed, improvements in skin will gradually initiate and continue to progress over the next several months.

### WHEN

*3 treatments, 8 weeks apart* are recommended for best results.

Results may vary, but as tissues rebuild collagen and remodels, improvements continue over the following 6 months to a year. Therefore, we recommend a maintenance treatment annually.

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\*MedSpa Members receive 10% Off all Services



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### PRE-TREATMENT INSTRUCTIONS

*Accutane (isotretinoin) must be discontinued for at least 6 months prior treatments.*

**2 weeks:**

Avoid sun exposure and/or sunless tanning.

Avoid dermal fillers.

It is recommended that your treatment be at least 2 weeks in advance to special occasions.

**1 week:**

Do not take aspirin, Advil, Aleve, or any NSAID medication 1 week before and after your treatment. These inhibit the stem cells natural inflammatory response. Tylenol is acceptable.

Avoid botox injections.

**72 hours:**

Avoid topical products such as retinol or alcohol-based toners

If you develop a sunburn, cold sore, rash, acne flare, etc. in the area to be treated, please reschedule.

If there is a history of cold sores in the area, begin pre-medicating with Valtrex. If a prescription is needed, please let us know.

Avoid alcohol, caffeine, nicotine as they increase risk of bruising.

**Day of:**

Thoroughly wash the area to be treated. Do not apply make-up, lotions, sunscreen, products, etc to the area prior to arrival. If there is hair in the area to be treated, a smooth shave is required.

If ProNox is used, you may drive yourself to and from your visit.

### POST-TREATMENT INSTRUCTIONS

Skin Care:

**First 24 hours:** Use a gentle cleanser and the provided moisturizer. Minimize touching treated area.

**After 24 hours:** Use a gentle cleanser, moisturizer, and SPF. Cosmetics may be applied.

**After 72 hours:** Resume other skin care products if a test spot is used and does not cause irritation.

Bruising, redness, itching, tiny red dots or scabs, soreness, and swelling may last from 2-10 days.

Mild crusting is not uncommon and will dissipate in several days. Soak skin in the shower for 10-15 minutes and gently swipe with a soft cloth to help with sloughing. Do not pick.

**72 hours:**

Avoid excessive heat and perspiration as excess blood flow and sweat can cause bruising, breakouts,, discomfort, and/or irritation to compromised skin.

Resume daily skincare regimen as it is necessary to ensure optimal results. Topical products provide the skin with proper nutrition. If you need medical grade recommendations, please ask your provider.

**1 week:**

Minimize sun exposure. Continue to use SPF daily throughout treatments.

Do not take aspirin, Advil, Aleve, or any NSAID medication. Tylenol is acceptable.

Avoid Botox treatments. Consult your provider regarding timing of dermal fillers.