



The Secret Garden
BOUTIQUE SKIN CLINIC
W I N C H E S T E R

**RADIO FREQUENCY MICRONEEDLING -
PATIENT INFORMATION & AFTERCARE**

What is the Radio Frequency Microneedling?

Radiofrequency microneedling (RF microneedling) is a noninvasive skin rejuvenation treatment that enhances the collagen-boosting effects of microneedling with the heat of radiofrequency energy.

It improves skin texture and tone, pore size, fine lines, wrinkles, laxity, and acne scars, as well as stretch marks.

How Does it Work?

RF microneedling works by creating controlled microdamage that provokes a natural wound-healing

response, which kick-starts the biological processes that create new collagen and elastin.

Aging and environmental damage (particularly sun damage) break down these structural proteins, while the rate of replacement slows over time. RF microneedling slows and even temporarily reverses

this process, helping skin look and act younger.

Used to Treat

- Shrinks enlarged pores
- Reduces fine lines and wrinkles
- Smooths lines on the upper lip skin
- Helps with loose skin (face and body)
- Reduces the appearance of stretch marks
- Helps with dull or uneven skin tone or texture
- Reduces the appearance of hyperpigmentation
- Improves acne or surgery scars (on the face and body)

Does it Hurt?

This is not a painful treatment, indeed, patients describe it as quite pleasant and relaxing.

Is it Safe?

Since this treatment relies upon natural processes and causes only micro fine, controlled injury to the skin, it is considered very safe, when the appropriate devices are used in trained hands.

Am I Suitable for Treatment?

The practitioner will take a detailed medical history to ensure you have no conditions that might increase risk of unwanted side effects, consultation is also important to discuss your expectations and whether or not this treatment is able to meet them.

How Long will Results Last?

The optimum result is achieved over a course of treatments and over a period of months. Depending on the treatment indications a course of between 3 and 5 treatments 4-6 weeks apart will be recommended for the face.

More treatments are needed on the body for the best effect. Most patients report a notice improvement after the

first two weeks and report skin feels smoother, softer and looks fresher. Results should be expected as the skin

heals over the following 3 – 4 weeks. Optimal results are usually seen after 3 – 4 treatments, each scheduled

several weeks apart

Before Treatment

All make up will need to be removed prior to treatment, so please come 'fresh faced' if possible. Alcohol, aspirin, Ibuprofen and a range of dietary supplements including; St. Johns Wort, Omega 6 oils, Garlic, Gingko Biloba, Vitamins C and E- may all contribute to bruising and are best avoided for 5 days before treatment. Treatment cannot be administered if there is an active skin infection, including acne (stage 3 or 4) or cold sores or if you are unwell- including colds, coughs, sore throats etc. Do contact the clinic to discuss any illness or new medicines prior to attending.

All retinols should

Aftercare Advice

Immediately after treatment your skin will be pink. Degrees vary from one individual to another, from pale pink blush to beetroot red. Any redness is expected to resolve steadily over hours, sometimes it may take 3 or 4 days to return to normal colour. make-up, can be worn the next day.

If redness worsens, or itching occurs in the first few hours after treatment, cold compresses, or an anti-histamine tablet will help to resolve any discomfort.

Use only the recommended products until skin colour returns to normal, then usual skin care may be resumed.

The use of a serum is recommended to support healthy skin repair and boost results SPF 30 or above should be worn daily during the course of the treatment.

You are advised to avoid alcohol, vigorous exercise, and extremes of heat or cold for 48 hours post treatment.

These activities have been found to increase and prolong redness and swelling.

Do not use any retinoids, tretinoin, alpha or beta hydroxy products, vitamin C products, scrub, exfoliate, or have chemical peels performed on the treated areas for 2 weeks

Do not use hair dyes for a week following treatment.

Please do not hesitate to contact us if you have any concerns; 01962 277 007

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