

Radio Frequency Aftercare

0400 477 855

Don't chase the result. Don't over-treat your skin. Let it respond.

The night of

Tonight, you don't need to do anything to your skin. We have already thoroughly cleansed, prepared and treated your skin during your appointment, so there is no need to cleanse, apply serums, moisturisers or any other skincare products again tonight.

In fact, I would prefer you to leave your skin completely alone and simply allow it to rest overnight.

If, for whatever reason, you feel you need to cleanse your skin again before bed, keep it extremely gentle.

I recommend: dermaviduals Total Cleansing Cream followed by dermaviduals Base Cream Classic

First 48 hours

Your skin may feel warm or hot initially, which is expected following treatment. By around 48 hours, your skin should no longer feel hot.

Day 3 to 7

This is not the time to add extra products, exfoliate or try to accelerate the process. Your skin is busy repairing and responding to the treatment.

Week 2 to 4

Keep your routine consistent.

Don't add products because you think more will give you more.

What is not normal? Please contact me if:

- Your skin remains excessively hot beyond 48 hours
- You develop significant or increasing swelling
- An area becomes increasingly painful, rather than gradually settling
- You develop persistent or significant weeping or oozing areas
- You develop blistering, open areas or anything that looks substantially different from what we discussed
- You are simply worried that something doesn't look or feel right

If you cannot reach me and you are worried, see your GP or go to your nearest emergency department. In an emergency, call 000.