

## **Radiofrequency micro needling**

Radiofrequency micro needling is used to rejuvenate the skin. It can target acne scars and early signs of aging, like fine lines and sagging. It's also effective for hyperhidrosis.

Generally, the procedure only takes 10 to 20 minutes. There's no downtime.

\*Be sure to make an appointment to discuss this procedure with your doctor or licensed aesthetician prior to having it done.

### **What is radiofrequency micro needling?**

Micro needling uses a fine needle to create micro wounds, or channels, in the skin. This triggers the production of capillaries, elastin, and collagen. It's also called skin needling or collagen induction therapy.

If the procedure also uses radiofrequency waves, it's called radiofrequency micro needling. The needle releases radiofrequency into the channels, causing additional damage. This enhances the effects of standard micro needling.

The skin that grows back is thicker and smoother. This can target:

- fine lines
- wrinkles
- stretch marks
- appearance of large pores
- acne scars
- scars from injury or surgery
- hyperpigmentation
- loose, sagging skin
- cellulite
- hyperhidrosis

### **Who's an ideal candidate for radiofrequency micro needling?**

Radiofrequency micro needling is considered safe.

You may be an ideal candidate if you:

- are in good health
- have early signs of aging
- have realistic expectations
- Alternatively, you should avoid the treatment if you:
  - currently or recently used Accutane

- have an active cold sore breakout
- have a skin infection
- have a moderate to severe skin disease (like psoriasis)
- are receiving chemotherapy or radiation therapy
- are pregnant
- are taking anticoagulants
- have a history of keloids, hypertrophic scarring, or poor wound healing

### **What's the radiofrequency micro needling procedure like?**

Here's what you can expect:

- A tech cleans your skin with alcohol to prevent infection.
- They apply a topical anesthetic to the treatment area about 30 min to 1 hour before the procedure. In some cases, they might inject a local anesthetic instead. The anesthetic numbs the area, so you won't feel pain.
- The micro needling device makes tiny wounds in the skin. Simultaneously, the tip of the needle releases radiofrequency waves into the wounds.
- The procedure takes 10 to 20 minutes. The exact duration depends on what you're treating.
- A tech applies a growth solution to support cell regeneration. They finish with a soothing solution to minimize any discomfort

After the procedure

You can go home after the treatment and return to your normal activities.

### **What's the best way to take care of your skin post-radiofrequency micro needling?**

After your procedure, your tech will explain how to care for your skin. This will include the following aftercare tips:

- Apply ice packs to reduce swelling and discomfort.
- Wear SPF for several weeks after your treatment. Your skin will be extra sensitive to the sun during this time.
- Use antibiotic creams or emollients if your doctor prescribed them.
- Use a gentle cleanser after your treatment.
- Avoid wearing makeup until the next day. After 24 hours, you can return to your normal makeup and skin care routine.

### **When to expect results**

You'll see results after 3 to 6 months. The exact time frame depends on the type and severity of your condition.

In most cases, you'll need at least four sessions. This also depends on what you're treating. For example, if you have moderate acne scars, you'll need about three or four treatments. Bigger scars might need five treatments.

These sessions will be done every 3 to 8 weeks. This lets your skin heal between treatments.

After the initial set of treatments, the results will last about 1 year. It's recommended to have a touch-up session once a year to maintain your desired results.

**Are there any potential side effects of radiofrequency micro needling?**

Typically, radiofrequency micro needling is well tolerated. But like all cosmetic treatments, it may cause some side effects.

Possible side effects include:

- dryness
- redness
- scaling
- itching
- swelling
- mild acne flare-up
- cold sore breakout
- These side effects might last for a few hours or days.