

# Radio Frequency Aftercare

## POST-TREATMENT RECOMMENDATIONS

It is vital that you follow the aftercare recommendations to obtain best results.

- Increase water intake to flush out waste from the body
- Do not vigorously rub the skin after treatment
- Do not undergo skin peels, laser treatments, waxing or microdermabrasion for 2-3 weeks after treatment
- Avoid hot baths, showers, saunas or steam for 24 hours
- Allow 7 days after treatment before resuming the use of AHAs and retinols
- Avoid the sun in-between treatments • Some common side effects include redness, warmth, tenderness and swelling. This is normal and usually subsides within 24 hours after treatment.
- You will see an immediate tightening of the skin. Collagen production continues to improve over 4-6 weeks following the treatment. The effects of radiofrequency will continue to improve over the next few months as the skin produces new collagen.
- Results typically last for a minimum of six months, although a course of 4-6 treatments is recommended to achieve the best results.
- Rebook next appointment for 1-2 weeks
- Contact me on 01253 375859 if you have further queries.

I hope you have found your treatment beneficial and would really appreciate it if you would follow me on [Facebook](#) or [Instagram](#) at [@Aesthetic/JE](#) and review your experience. Thank you.