



## ***INFINI (microneedling with radiofrequency) Pre and Post care Guidance***

### ***What makes Infini different from traditional microneedling?***

Microneedling with radiofrequency is able to stimulate the formation of new collagen to a greater degree than traditional microneedling by delivering fractional heating to deeper levels of skin through multiple insulated needles. This enhanced stimulation of collagen translates to a greater degree of improvement in scars, laxity, fine lines, pore size and skin texture.

### ***How should I prepare for my appointment?***

- a. If you have a history of frequent cold sores, start your Rx antiviral medication 1 day prior to your appointment and continue for 3 days following. If you do get cold sores, but do not have Rx antiviral medication such as acyclovir or valacyclovir, please notify our clinic ahead of time. Our physicians may recommend one.
- b. Stop all topical acid formulas such as glycolic, lactic and salicylic acids, over the counter retinols and Rx retinoids (Retin-A/ tretinoin, Differin/adapalene, Tazorac/tazarotene) 3-5 days prior to your treatment.
- c. Avoid prolonged and intense UV exposure at least 2-3 weeks prior to your treatment. This includes both outdoor sun exposure and tanning booths.
- d. The day of your scheduled treatment arrive at the clinic with a freshly cleansed face meaning no lotions, sunscreen or cosmetics.

### ***What can I expect during the Infini treatment?***

Treatment of the face takes about 45 minutes, longer if other areas are included. Infini is not without some discomfort. It is often described as heat and pressure, especially, over more bony areas like the forehead, cheek and jawline. To make the process more comfortable a numbing cream will be applied for approximately 30 minutes followed by local anesthetic injections to sensitive areas. Pinpoint bleeding is normal during treatment and will resolve quickly after the procedure is complete.

### ***What is the usual course of recovery after treatment with the Infini?***

Expect Mild discomfort that usually resolves within a few hours after treatment. Pinkness similar to a sunburn is common along with mild swelling immediately after treatment. This swelling and redness gradually diminishes over 3-5 days. There is often fine scaling, crusting or a chamois like texture to the skin for several days after treatment as well. This resolves naturally. Occasionally, bruising may occur which lasts about 1-2 weeks.

### ***How do I care for my skin immediately after treatment with Infini ?***

- a. Shower as usual and wash treated areas several times a day with a mild unmedicated cleanser or soap. Use only your fingertips to cleanse and avoid washcloths or cleansing brushes. Avoid the temptation to exfoliate your skin in this healing phase. You may resume your regular cleansing routine once the skin barrier has returned to normal (about 5-7 days).

- b. Apply no leave on skin products such as moisturizers the day of your procedure. The day after your treatment you may begin applying a mild moisturizer with ceramides and mineral sunscreen. You may also use hyaluronic acid serums or other growth factor, stem cell or peptide serums the following day. Some examples are Biopelle Tensage Intensive serum 40, Alastin Skin Nectar and ZO growth factor serum.
- c. Avoid irritating products such as salicylic and glycolic acids, retinols/retinoids or alcohol-based toners for one week after treatment.
- d. 2-3 days after your treatment you may resume mineral makeup if you are healing well. Make sure makeup brushes are clean and there are no crusts or scabs on the skin before you resume cosmetics.
- e. Immediately following your procedure avoid sun exposure. Choose a wide brimmed hat or umbrella for shade and sun protection if you need to step outside that day. The following day you may begin applying a broad-spectrum mineral sunscreen (SPF 30+). Be rigorous about sun protection for 3-4 weeks after treatment, even on cloudy days, to reduce risk of irregular pigmentation.
- f. Avoid exercise and vigorous activity the day of your procedure. Excess heat can provoke itch and irritation. Regular exercise can resume the following day.
- g. Change your pillowcase daily for 3 days after treatment. Sleeping with slight elevation of your head may also help to reduce initial swelling.

***Should I use ice, ibuprofen or other NSAIDs after my treatment?***

You may use a clean towel-wrapped ice pack and over the counter NSAIDs only if the symptoms are terribly bothersome to you. The results are somewhat dependent on inflammation, both of which are inhibited with ice and NSAIDs.

***How many treatments are needed?***

We recommend on average 3 treatments for adequate results. Some patients with deeper scarring may need additional sessions.

***How long should I wait between treatments?***

Treatments can be done as close together as every 4 weeks.

***Are there patients who should not undergo an Infini treatment?***

Very few patients are not candidates for the Infini. Patients with pacemakers should not be treated along with patients who have autoimmune connective tissue disorders such as scleroderma. If there is metal in an area of the face, the skin overlying this area cannot be treated. Patients on blood thinners are at increased risk for bruising but can be treated.

***How long do results last?***

The formation of collagen is slow and will occur generally over 3-4 months following treatment. The collagen created will last for several years. However, the amount of collagen is variable, and depends on the overall skin health, patient's health, smoking habits, age, tanning history, extent of sun exposure, and lifestyle. Touchups are commonly done about every 1-2 years.

***We are looking forward to working together towards a goal of healthy beautiful skin.***