



We are so happy you decided to trust us with your aesthetic needs! For optimal results and safety, it is important to follow these pre and post-treatment guidelines.

Please reach out with any questions or concerns you have regarding your treatment –
Call or Text: (918)-779-7590 | soultulsa.com | 1312 E 36th Place, Tulsa, OK

PRE-TREATMENT INSTRUCTIONS:

- Avoid tanning or excessive sun exposure for 2 weeks before treatment.
- Do not have sunless tanning on your skin.
- Discontinue any irritating topical agents 5 days before treatment (i.e. products containing Retinol, AHA's or BHA's such as glycolic or salicylic acid, benzoyl peroxide, and other irritating products).
- Radiofrequency loves water! Drink plenty of water 48 hours before treatment.
- Do not have treatment done if you have had a chemical peel in the last 4 weeks.
- Do not have treatment done if you've had a medium or deep-depth chemical peel in the past 6 months (typical examples are TCA or phenol peel).
- Do not have treatment done if you have been on Accutane within the last 6 months.
- Tell your provider if you've had neurotoxins (Botox), filler, or laser treatments recently.
- Do not have treatment done if you have a pacemaker or defibrillator.
- Let your provider know if you get cold sores. An antiviral medication may be recommended to avoid an outbreak.
- Remove all jewelry before treatment.



POST-TREATMENT INSTRUCTIONS:

- Do not apply any products to the skin for 24 hours after treatment.
- Do not apply makeup for 24-48 hours.
- After 24 hours, use a gentle cleanser, moisturizer, and mineral SPF (We recommend the TNS Ceramide Cream and Essential Defense SPF 32).
- Cooling is allowed if needed with a towel-wrapped ice pack or cold compress.
- Mild crusting might be noted 1-5 days following treatment. Crusts will disappear naturally in several days. Do not pick at the crusts. Soaking skin in the shower for 10-15 minutes and gently rubbing with a clean washcloth can help with sloughing.
- Other possible side effects include redness, rough texture, swelling, flaking, bruising, tenderness, tight feeling, itching, whiteheads, and papules (pimples), for 1-10 days.
- Avoid harsh topical products (retinol, glycolic, salicylic, lactic acids, etc.) or alcohol-based toners for two weeks (hyaluronic acid is okay).
- Avoid vigorous activity, excessive heat, or sun exposure for at least 1 week.
- Avoid sun exposure for 24 hours. After 24 hours, use a broad spectrum UVA/UVB SPF of 30+ and PA++. Until the skin returns to normal, when outdoors, always use an umbrella, hat, or other available protection against sunlight.

Maintenance: Most patients achieve best results with 3-5 treatments. Treatments will be spaced 6 weeks apart. After completing a series, a yearly treatment is recommended for maintenance.