



## Virtue RF Microneedling

### Overview

VIRTUE RF is a skin rejuvenation treatment that uses a combination of microneedling and radiofrequency (RF) energy to stimulate collagen and elastin. It can be used on your face, neck, or body, is safe for all skin types. Virtue RF is ideal for acne scarring, fine lines, minimizes visible pores, and tightens the skin. For best results, 3 treatments are recommended in 4-week intervals.

### Pre-Treatment Guidelines:

- Avoid direct sun exposure or spray tanning 1-2 weeks prior to treatment
- Avoid treatment 3 months post Accutane
- Avoid aspirin 7 days prior to treatment
- Avoid treatment if you are pregnant or lactating
- Men should be clean shaven the day of treatment
- Discontinue Retin A (tretinoin) one week prior to treatment
- Avoid treatment if you have any active implants in your body (pacemaker/internal defibrillator)
- If you have a history of the HSV-1 virus, you will need a prescription for an antiviral prior to treatment
- Topical anesthetic cream is recommended 30-45 min prior to treatment. We will send the prescription to Custom Rx prior to your visit upon scheduling. **Apply to treatment area WITH gloves**

### Post Treatment Guidelines:

- Avoid direct sun exposure, excessive or heat related activities for 24-48 hours post treatment
- Avoid lakes, pools, hot tubs, saunas, hiking, biking, anything that will require excessive sweating 48 hours post treatment
- Avoid makeup for 24 hours post treatment
- Common side effects include a warm sensation similar to a mild sunburn, redness, swelling, pinpoint bleeding, peeling, dry itchy skin, and purging of acne for up to 2-10 days post treatment depending on the treatment area
- Avoid exfoliation 1-2 weeks post treatment
- Use the product kit provided by The Stern Center for post care



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