



VIVACE MICRONEEDLING RF

PRE AND POST CARE

PRE-TREATMENT CARE

- Wait at least six months post isotretinoin use before your Vivace procedure, as isotretinoin use may impair proper wound healing.
- Discontinue the use of topical products containing AHAs, Retinols, or Vitamin A three days prior to your Vivace.
- Avoid sun exposure, tanning beds or self-tanners on treatment area for at least 72 hours prior to treatment
- If you are prone to herpes simplex outbreaks, such as cold sores, consult your provider on ways to treat prior, or discuss whether the procedure is appropriate for you.
- If your face or treatment area has irritated skin (sunburn, open wounds, sores) the day preceding your appointment, please contact our office before your appointment.
- This procedure may not be performed on active breakouts or open lesions.
- Avoid blood-thinning medications*, supplements and substances for 3 days prior to treatment (If you are prescribed a blood thinning medication such as aspirin or an anticoagulant by your doctor for a cardiovascular condition, then please check with your doctor prior to stopping the medication.)
- If you have a Pacemaker or Defibrillator; severe hypertension, cardiovascular or cerebrovascular disease; artificial bone, collagen, silicosis or synthetic materials in the treatment areas, ask your doctor if this procedure is appropriate for you.
- If you are on autoimmune therapy, have a bleeding disorder, history of keloid or hypertrophic scarring, ask your doctor if the procedure is appropriate for you.
- Hydrate prior to your Vivace service; drink at least 8 glasses of water per day

If you have any questions before or after your appointment, you can email us at info@lakeshoreskinandbody.com or call/text us at 906-273-0512. Thank you for choosing Lakeshore Skin + Body!



POST-TREATMENT CARE

- Do not use any additional products during the first 6 hours, unless advised by your provider.
- 24 hours post-procedure, your provider may advise you to keep your skin clean of cosmetics or sunscreen for the remainder of the day
- It is recommended that you clean your makeup brushes prior to use, post-treatment.
- Cleanse treated area with ZO Skin Health Gentle Cleanser or Balancing Cleansing Emulsion to begin morning after treatment.
- Avoid use of topical products containing AHAs, Retinols, Vitamin A, or any type of exfoliant, for 7 - 10 days post treatment (or until skin has completely healed).
- Strictly avoid sun exposure, as you will not be wearing sunscreen. You may return to sunscreen use 24 hours following the procedure.
- Continue to minimize sun exposure for 72 hours following the procedure.
- Avoid hot water, hot tubs, saunas, steam rooms, strenuous exercise, or excessive perspiration for 72 hours, as excess blood flow and sweat can cause discomfort and irritation to compromised skin.

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WHAT TO EXPECT

- The treatment area will be numbed for 20-30 minutes prior to service with a topically compounded numbing cream.
- The treatment generally takes about 45 minutes – 2 hours, depending on treatment area(s)
- Some patients report feeling moderate pinching, stinging, or heating sensations in sensitive areas.
- The treated area may be pink and mildly inflamed (similar to the appearance of a mild sunburn) for an hour up to 24 hours following your Vivace procedure.
- Some patients experience swelling or mild bruising following Vivace. If this occurs, you may apply an ice pack to the area at least 24 hours after the service.
- Some patients experience tracking or pimple-like bumps that may last up to two weeks and need to be allowed to heal on their own.

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