



Dr. Shore Dermatology

Dermatology - Cosmetics - Excellence

LUTRONIC GENIUS Radiofrequency System

PRE-TREATMENT PATIENT INSTRUCTIONS

- o On the day of treatment, patients should thoroughly wash their face and not apply any make-up, lotions, sunscreen or any other cosmetics to the skin on the treatment area prior to arriving at the facility.
- o Thoroughly clean the treatment area.
- o Apply topical anesthetic and follow the prescriptive instructions on the packaging. For a small percentage of patients, some physicians apply a nerve block procedure to improve treatment comfort for sensitive areas on upper lip, around mouth or around eyes.
- o Completely remove anesthetic and wipe clean with an alcohol wipe.
- o Sanitize the treatment area with antiseptic scrubs such as Hibiclens.

POST-TREATMENT PATIENT INSTRUCTIONS

- o Immediately post-treatment, clean the skin using sterile saline-soaked gauze and dry. Use an air cooler or towel-wrapped ice pack to calm the skin down, if needed.
- o An occlusive post-treatment ointment is not recommended, although some physicians use a topical antibiotic for 1-day post-treatment for individuals prone to acne breakout.
- o Instruct the patient that cooling is allowed if needed with a towel-wrapped ice pack and apply post-treatment moisturizer per physician recommendations.
- o Inform patients that mild crusting might be noted 1-5 days following treatment. Crusts will disappear naturally in several days. Caution patients not to pick at the crusts. Soaking skin in the shower for 10-15 minutes and rubbing very gently with a washcloth can help with sloughing.
- o Patients should avoid harsh topical products or alcohol-based toners for two weeks. Otherwise, after 24 hours, patients can resume their normal skin care regimen or as directed by the physician.
- o Patients should avoid vigorous activity, excessive heat, or sun exposure for at least 1 week.
- o Patients should avoid sun exposure for the first day and beginning on the second day, apply a broad spectrum UVA/UVB sunblock with an SPF of 30+ and PA++ according to the product manufacturer's instructions. Until the skin returns to normal, when outdoors always use an umbrella, hat or other available protection against sunlight.
- o Instruct patients to wait a minimum of 3 weeks for their next treatment and that 4-6 weeks is typical between treatments.
- o Most patients achieve the best results with 2-4 treatment



Dr. Shore Dermatology

Dermatology - Cosmetics - Excellence

EXPECTED SKIN REACTIONS AND RESULTS

- o 1-day Post-Treatment: Redness and transient edema, the skin begins to turn to a condition similar to before treatment.
- o 3 days - 1-week Post-Treatment: Brighter skin tone and a significant reduction in sebum secretion in oily skin types.
- o 1-month Post-Treatment: Improvement of fine wrinkles and skin laxity.
- o 1-3 months Post-Treatment: Continuous improvement of fine wrinkles, pores size, scars, and skin laxity.
- o Common expected skin reactions include erythema (redness), edema (swelling), transient pin-point bleeding, and very slight discomfort after treatment. Pin-point bleeding should stop within minutes after application, discomfort within a few hours, and erythema and edema gradually diminish to normal in 1 to 3 days.
- o Crusting begins to appear 1 – 2 days after treatment and sloughs off in 3 – 5 days.
- o Other less common skin reactions include petechia which fades in a few days or bruising (purpura) which can take up to a week to disappear.
- o Other skin reactions include irritation, itching, and burning sensation. These typically subside in a few hours to 1 day, but may be aggravated with heat or sweating. If these reactions continue, consider evaluating for possible infection, changing skincare regimen, and/or short-term use of the mild topical steroids.