

Radio Frequency RF Treatment

Post Care Instructions

If you have completed your Venus Viva (RF) treatment, below are the aftercare instructions.

- Immediately following your treatment, you will be able to return to daily activities.
- Some patients will experience a mild sunburn sensation and redness post-treatment, which will generally subside within 24-48 hours.
- Do not use any exfoliant cleansers for at least a week after the procedure.
- Use a good moisturiser after procedure. Your practitioner will advise on this after your procedure.
- Avoid sun exposure where possible for one to two weeks after the procedure. Use a SPF 50+ when going outside.
- Do not use Retinol (Vitamin A) for at least a week after this procedure. You can resume your normal skin routine in the second week if there is no swelling or redness.
- Mineral makeup can be worn the following day after treatment but please ensure this is a good quality makeup. Where possible, try to avoid makeup for 24-48 hours.
- Avoid swimming pools for 48 hours, as this can cause infections.
- Try to avoid touching your face where possible.
- Avoid strenuous exercise where possible for a week. Light exercise is okay after 48 hours.

Should you have any queries or concerns at any time - Call 8267 2800.