

RF Microneedling + CO₂ Laser Resurfacing (Secret Fraxis): Pre & Post Care Guide

About the Treatments

RF Microneedling and CO₂ Laser Resurfacing rejuvenate the skin in different ways. **RF Microneedling** is gentler with minimal downtime, gradually improving texture, scars, and firmness. **CO₂ Laser** offers more dramatic, long-lasting results for wrinkles, scars, and pigmentation. Combined, they provide both immediate and long-term benefits, leaving skin smoother, firmer, and more radiant. A series of three treatments, spaced 4–6 weeks apart, followed by quarterly maintenance, is recommended.

Before Your Treatment

- Avoid direct sun exposure & tanning, spray tans and any other self-tanners on the area being treated for at least 2-4 weeks.
- Discontinue active skincare like retinoids, glycolic or salicylic acids 3–5 days before treatment.
- Avoid blood-thinning medications or supplements (e.g. aspirin, ibuprofen, fish oil, or vitamin E) unless approved by your provider.
- Avoid skincare products (lotions, oils, makeup) on the day of treatment.
- Shave the treatment area 24 hours before your appointment.
- Discuss allergies and medications: let your provider know if you're on antibiotics, Accutane, or other photosensitizing drugs. If you have a history of HSV-1 or HSV-2 in the area being treated, taking an antiviral 24–48 hours before and after your session can help prevent an outbreak.

What to Expect During Treatment

- Numbing cream is applied for comfort and typically takes 30-45 minutes.
- RF Microneedling feels like light prickling or warmth, while CO₂ Laser feels like mild heat and stinging.
- Sessions last 20-30 minutes depending on the area.

After Your Treatment

- Mild redness, swelling, or peeling is normal (1–3 days for RF, 5–10 days for CO₂).
- Avoid direct sun exposure for 2 weeks after treatment. Use SPF 30+ daily.
- Avoid hot showers, saunas, and strenuous exercise for 24–48 hours.
- Do not pick, scratch, or exfoliate the treated areas.
- Apply gentle moisturizer or healing ointments as directed.
- Avoid active skincare products like retinoids, benzoyl peroxide, glycolic/salicylic acids, vitamin C or chemical peels until skin heals completely.