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KAL ESTETİK KLİNİK

WHAT TO EXPECT

RF Microneedling Guide

A 20-page patient guide for preparation,
treatment day, and recovery

20 pages | English



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MEDICAL INFORMATION NOTE

Put safety first when discussing skin quality

RF microneedling combines tiny needles with radiofrequency energy to create controlled tissue stimulation. It may be discussed for texture, pores, acne scars, fine lines, and mild laxity, but planning must be individualized by skin type, risk profile, and recovery capacity.

Medical information note

This PDF is a general patient education guide. It does not replace a personal diagnosis, treatment plan, medication advice, or urgent medical direction. Suitability depends on an in-person assessment, skin analysis, medical history, medications, allergies, pregnancy or breastfeeding status, and expectations.

How to use this guide

- Mark the questions you want to discuss before your appointment.
- List medications, supplements, allergies, and previous procedures.
- Read the before, during, and after pages as separate checkpoints.
- For unexpected symptoms, contact the clinic or urgent medical care instead of relying on this PDF.

At a Glance

This guide turns the RF microneedling decision into a structured safety conversation rather than a promise of dramatic change.

Before

The skin barrier should be calm. Active infection, cold sores, sunburn, open skin, or unexplained redness may mean postponing treatment.

During

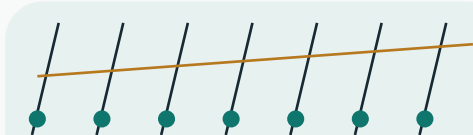
Cleansing, topical numbing, parameter selection, controlled passes, and calming care are typical parts of the appointment.

After

Redness, warmth, and tightness can be temporary. Burns, blistering, severe pain, or sensory changes should be reported promptly.

Core idea

With energy-based procedures, conservative settings, patient selection, and follow-up planning matter before cosmetic goals.



Suitability conversation

This page helps separate a well-timed treatment conversation from a plan that needs more review first.

Suitability conversation

- Discussing texture, visible pores, and acne-scar appearance with realistic expectations.
- Understanding gradual collagen response for mild laxity or fine lines.
- Reviewing pigment risk, sensitivity, and skin-barrier status during assessment.
- Accepting a series-and-follow-up mindset rather than a single-session promise.
- Making sun protection and barrier care part of the plan.

Pause or review first

- There is active infection, a cold sore, open skin, intense acne flare, or sunburn.
- You have a history of keloids, persistent pigment change, uncontrolled diabetes, or immune suppression.
- You have a pacemaker, electronic implant, or another condition that may matter for radiofrequency energy.
- Pregnancy, breastfeeding, or recent isotretinoin use requires specific medical review.
- You will be traveling or unavailable if a side effect needs prompt assessment.

Before: Preparation Map

Personal instructions are confirmed during assessment. This framework helps you prepare for the appointment in an organized way.

2 weeks before

- Avoid sunburn and tanning.
- Tell the clinician about medicines or supplements that may increase bruising.
- Share recent laser, peel, filler, botulinum toxin, or skin procedures.

1 week before

- Ask when to pause retinoids, acids, or exfoliating products.
- If you get cold sores, ask whether prevention is needed.
- If your barrier is irritated, discuss repair before treatment.

24 hours before

- Avoid waxing, harsh peels, and irritating skin care.
- Arrive with clean skin or skin that can be cleansed easily.
- Do not plan intense exercise, sauna, or sun exposure right after treatment.

Printable checklist

Designed to print and bring to your appointment. Medication and skin-care instructions must be personalized by your clinician.

- I checked that I do not have active infection, cold sores, open skin, or sunburn.
- I listed medications, blood thinners, pain relievers, and supplements.
- I will disclose keloids, pigment problems, melasma, or persistent redness.
- I noted pacemakers, implants, metal material, and major medical conditions.
- I listed recent lasers, peels, injections, and skin treatments.
- I prepared gentle cleanser, barrier support, and sunscreen for recovery.
- I will ask about follow-up timing and early contact channels.
- I agree to baseline photos for safer comparison.
- I adjusted intense exercise, sauna, and sun plans for the first 48 hours.

My notes

Procedure day flow

The skin is cleansed and checked again for irritation or infection.

Treatment areas may be photographed and marked.

Topical numbing may be applied according to clinic protocol.

Needle depth and energy settings are selected based on skin thickness and risk.

Passes are controlled; unnecessary heat stacking is avoided.

The skin is calmed and written aftercare instructions are reviewed.

Appointment rhythm

Same-day social plans may be uncomfortable because redness is common.



What It May Feel Like

Knowing what to report during the procedure is as important as knowing what sensations are common. Individual pain threshold and treatment area matter.

During

- Even with numbing, prickling, pressure, heat, or brief burning can occur.
- Bony areas and thinner skin may feel more sensitive.
- Redness, warmth, and tightness can last for hours.
- Sharp, focal, increasing pain or intense burning is not considered routine.
- For pigment-prone skin, settings and aftercare should be discussed carefully.

Say it immediately

Speak up immediately about sharp, escalating, or focal pain; burning; vision symptoms; dizziness; breathing or swallowing difficulty; or any unusual sensation.

After: First 24 Hours

The first day is about keeping the treatment area calm and recognizing unusual symptoms early.

01

Cleanse gently; avoid scrubs, acids, retinoids, and friction.

02

Do not add random active ingredients beyond the recommended barrier plan.

03

Avoid hot showers, sauna, intense exercise, and sun exposure.

04

Ask when makeup is appropriate.

05

Track redness and swelling with photos; report rapid worsening.

06

Do not pick crusting or flaking, as this can increase pigment or scar risk.

Recovery and Result Window

0-24 hours

Redness, warmth, tightness, and pinpoint tenderness may occur; keep care simple.

2-3 days

Redness often settles; dryness or mild roughness can appear. Sun protection remains important.

1 week

The skin usually looks calmer; return to active products only as instructed.

4-8 weeks

Texture and scar appearance can be reviewed gradually; one session is not the final answer.

2-3 months

Collagen response takes time; series planning and photo review may be discussed.

Expected or Needs Review?

Expected

- Redness and warmth
- Mild swelling, tightness, or dryness
- Pinpoint crusting or roughness
- Tenderness in the first days
- Temporary sensitivity to skin-care products

Prompt care

- Burn-like changes, blistering, or open skin
- Severe or worsening pain
- Progressive swelling, pus, fever, or odor
- Persistent numbness or clear sensory change
- Rapidly worsening pigment change

Status

If unsure, take a photo, note the time, and use the clinic contact channel.

Safety Questions

A safe process is not only about a product or device; it also depends on patient selection, documentation, sterile setup, follow-up, and a complication plan.

- I shared medications, supplements, allergies, and previous procedures.
- I disclosed pregnancy, breastfeeding, active infection, cold sores, or a new skin reaction.
- I asked for the product or device name, source, and why it is suitable for me.
- I asked about sterile setup, single-use materials, and aftercare contact.
- Follow-up timing and early warning signs are clear.
- I shared upcoming travel, major events, or intense exercise plans.
- I understand that urgent symptoms should not be watched at home.
- Is the RF microneedling device name and parameter plan documented?
- Is there any finding or risk today that should make us postpone treatment?
- Will product/device, lot/serial, dose/energy, and treatment map be documented in my file?
- Which symptom requires same-day clinic contact, and which requires urgent medical care?

Daily Routine and Lifestyle

Skin routine

- Use broad-spectrum sunscreen consistently.
- Avoid fragranced, acidic, or retinoid products until cleared.
- Choose a simple barrier-support routine.
- Ask when to restart acne or pigment treatments.

Lifestyle rhythm

- Smoking, poor sleep, and sun exposure can weaken skin response.
- Plan intervals around healing, not only around your calendar.

Reminder

Sun protection, barrier repair, and consistent follow-up strongly influence the quality of many aesthetic plans.

Results and Maintenance Plan

Expectation

- The goal is gradual texture improvement, not an instantly tightened face.
- Acne scars, pores, and laxity respond at different speeds; photos help honest review.
- Skin tone, pigment tendency, and barrier health influence aftercare.
- Higher energy or frequent sessions do not automatically mean better results.

Planning language

- Active acne or pigment conditions may need treatment first.
- If filler or botulinum toxin is planned, timing and sequence should be individualized.
- Peels, lasers, or HIFU are not suitable combinations for every skin type.
- Skin care is a core part of outcome quality.
- Pigment-prone skin may need a more conservative plan.
- Before an event, a gentler plan may be safer than aggressive treatment.

Combinations and Alternatives

Rather than pushing one treatment too far, smaller staged steps can look more controlled. Combinations do not always need to happen on the same day.

1

- Active acne or pigment conditions may need treatment first.
- If filler or botulinum toxin is planned, timing and sequence should be individualized.

2

- Peels, lasers, or HIFU are not suitable combinations for every skin type.
- Skin care is a core part of outcome quality.

3

- Pigment-prone skin may need a more conservative plan.
- Before an event, a gentler plan may be safer than aggressive treatment.

Boundary

No treatment is suitable for everyone. Deciding not to treat can also be the medically sound decision.

Physician Review and Consultation Notes

Physician review area

- Medical accuracy and treatment boundaries checked.
- Patient-safety warnings match clinic protocol.
- Product/device wording matches current use and regulatory status.
- It is clear that personal instructions are given during assessment.

Questions to ask

- How will pigment or scar risk be managed for my skin type?
- Which device, needle depth, and energy strategy are planned?
- How many sessions are realistic, and when will photos be compared?
- Which products should I avoid for the first 72 hours?
- How do I reach you if I suspect a burn, blister, or infection?

Publication status

Status: physician-review ready draft. Before publication, Dr. Murat Toktamışoğlu should sign off on clinic protocol, product/device names, and personal-instruction language.

Physician signature

Date

Version note

My notes

Printable checklist

Before

- No active infection, wound, or sunburn.
- Medicines and supplements listed.
- Allergies and past procedures noted.
- Pregnancy or breastfeeding disclosed.
- Product or device name will be asked.
- Calendar allows recovery time.
- Photo and follow-up plan will be asked.
- Urgent contact channel is saved.
- Personal instructions will be written.
- Goals and limits are clear.

During

- Area is cleansed.
- Target areas are confirmed.
- Sterile single-use materials are visible.
- Pain, burning, or vision symptoms will be reported.
- Product or device details are documented.
- Comfort pauses can be requested.
- Color, pain, and swelling are monitored.
- No rushed add-on treatment.
- Home instructions will be reviewed.
- Follow-up date will be asked.

After

- Do not rub the area.
- Delay heat exposure and intense exercise.
- Makeup and skin-care timing is clear.
- Track swelling and redness with photos.
- Do not pick crusts or injection marks.
- Mild bruising can be temporary.
- Worsening pain will not be watched.
- Color change will be reported promptly.
- Breathing, swallowing, or vision symptoms are urgent.
- Follow-up appointment is kept.

Follow-up detail

Follow-up timing, photo monitoring, and early contact symptoms should be clear before you leave.

Aftercare Tracker

Date	Redness/swelling	Pain/tenderness	Note
Day 0			
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			
Day 8			

Early contact

- Burn-like changes, blistering, or open skin
- Severe or worsening pain
- Progressive swelling, pus, fever, or odor
- Persistent numbness or clear sensory change

Questions to ask

Questions to ask

- How will pigment or scar risk be managed for my skin type?
- Which device, needle depth, and energy strategy are planned?
- How many sessions are realistic, and when will photos be compared?
- Which products should I avoid for the first 72 hours?
- How do I reach you if I suspect a burn, blister, or infection?
- Would a gentler skin-care plan or another treatment be more appropriate?

Short glossary

- Radiofrequency: Electrical energy that can create controlled heat in tissue.
- Microneedling: A procedure that creates controlled microchannels in the skin.
- Barrier: The protective skin surface that limits water loss and irritation.
- Collagen response: The repair process that develops over weeks to months.

Final note

This list is meant to improve the appointment conversation; personal decisions require assessment and medical judgment.

Informed decisions, measured plans.

Sources were used to check patient-safety framing, pre-procedure discussion points, and recovery language.

1

U.S. Food and Drug Administration

Potential Risks with Certain Uses of RF Microneedling

Used for RF microneedling complication warnings.

<https://www.fda.gov/medical-devices/safety-communications/potential-risks-certain-uses-radiofrequency-rf-microneedling-fda-safety-communication>

2

U.S. Food and Drug Administration

Microneedling Devices: Benefits, Risks and Safety

Used for microneedling-device patient safety framing.

<https://www.fda.gov/consumers/consumer-updates/microneedling-devices-getting-point-benefits-risks-and-safety>

3

American Society for Dermatologic Surgery

Microneedling

Used for microneedling workflow and candidacy framing.

<https://www.asds.net/skin-experts/skin-treatments/microneedling>

Approval workflow

Physician signoff is required before clinic use.

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