



HOLLAND

PLASTIC SURGERY & AESTHETICS

GENIUS RF Microneedling

Pre/Post Instructions

The following instructions will provide helpful information and guide you through your recovery. These are designed to be general guidelines. Remember, everyone recovers differently.

What to expect from your treatment?

How does the treatment feel?

You will feel heat and some pressure. The treatment is tolerable, but Alison will work with you to maximize your comfort level. We have different offerings to make the treatment more comfortable. Compared to CO2 lasers, many find the GENIUS more comfortable.

How long is the downtime?

There is an initial redness and swelling, which substantially subsides after 24-36 hours. It can take up to a week for this to completely resolve. Most patients resume normal activities within 48 hours.

How long will my results last?

Unlike many other procedures, this has long lasting results since it is your own body that is at work. The effects could last for years. Continuing the recommended skincare products will optimize ongoing results. A single annual maintenance treatment may also be recommended.

How long before I see results?

You can expect to see some changes as soon as a day or two after the procedure. However, your body will continue to rebuild collagen for several weeks after, so you will see improvement over the next six weeks with ongoing improvement up to six months after the procedure.

How long does the treatment take and how many treatments will I need?

A treatment can take 1-2 hours, depending on the treatment area(s). Alison will discuss your goals during your consultation, which will determine the length and number of treatments you will need. Many see results after just one treatment, but most patients will require a series of three treatments for optimal results.

Pre-treatment:

We recommend starting a retinol at least 4-6 weeks (ideally 12 weeks) prior to your first treatment to prep your skin. The retinol can be purchased in our office. This, along with other skincare products will optimize ongoing results.

Exosome Rejuvenation Therapy is a 3-step process included in the cost of your treatment package. It is a complete and perfectly formulated set of active naturally occurring plant stem cell secretory factors to aid you in your healing time post procedure and elevate your treatment outcomes. **D|TOX (Step 1)** is an at-home product applied for 5 days prior to each treatment to help hydrate and prep your skin. You will stop using your retinol during this 5-day period leading up to your treatment. **Please follow the separate Exosome Therapy instructions provided to you for how to apply the product.*

Offerings to make your treatment more comfortable:

Compounded Topical Numbing Cream

Topical numbing creams make the experience of having a procedure more comfortable. We provide the cream as part of the cost of your procedure and will schedule your appointment time 1 hour before your treatment begins. This will provide an adequate timeframe for the skin to become numb prior to beginning the treatment. You will repeat the same process for your following two treatments.

PRO-NOX™ Gas System

Available upon request, Pro-Nox is a pneumatically driven gas system designed to deliver a 50% oxygen and 50% nitrous oxide mixture for the relief of pain and anxiety in a medical setting. It is self-administered and wears off quickly after your treatment. You will be able to drive yourself home.

Recovery optimization:

EXO|E (Step 2) is a concentrated loading dose of stem cell factors, including extracellular nanoparticle technology "ENPT", liposomes, growth factors, anti-inflammatory factors, VegF and over 2,000 additional factors per application, leading to targeted results and desired outcomes. Alison will apply this to your skin during your treatment.

You will be provided a post procedure product kit after your first treatment. This kit contains a gentle cleanser, physical sunscreen, and the last step of your Exosome Therapy. **RE|PAIR (Step 3)** reinforces the work of your EXO|E application with extracellular nanoparticle technology "ENPT", liposomes, and the full complement of stem cell factors found in nature's healing processes. This will be applied at home for 5 days following your treatment. **Please follow the separate Exosome Therapy instructions provided to you for how to apply the product and do not use your retinol during this 5 day period.*

Follow up:

Please make your follow-up appointment by calling the office or as instructed by Alison. If you have any problems before then, do not hesitate to call 207-835-4777 for assistance. **After hours, please call the office and press 7 when prompted to reach Dr. Holland directly.**