

Radio Frequency *Aftercare Advice*

Thank you for your treatment. Radio Frequency uses heat energy to stimulate collagen, tighten skin, and improve overall texture. Following these guidelines will help ensure the best results.

Immediately After Treatment

- Mild redness, warmth, or slight swelling is normal and usually resolves within a few hours.
- Your skin may feel tighter straight away, but full results develop gradually over the coming weeks as collagen production increases.

Do

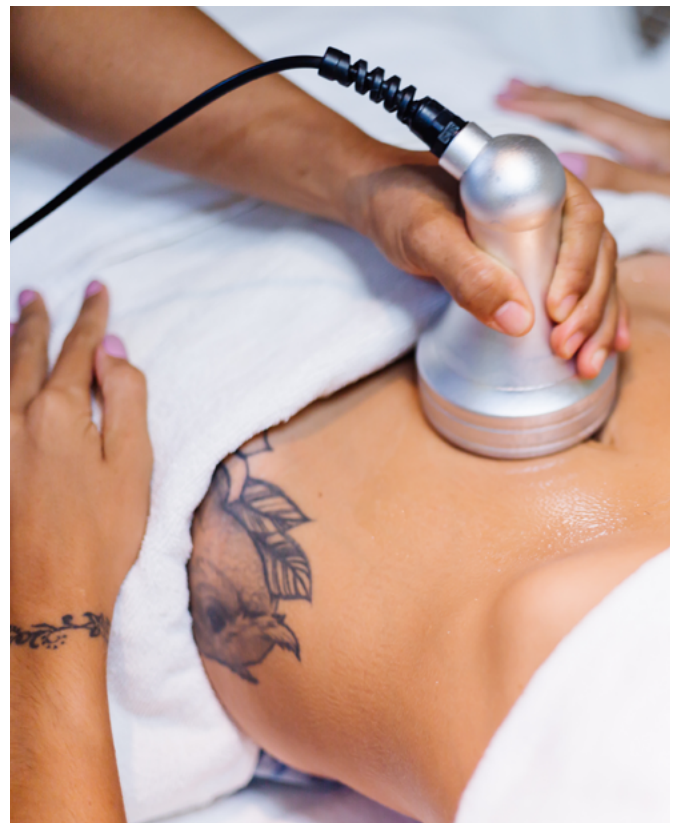
- Keep the treated area clean and hydrated – use a gentle cleanser and moisturiser.
- Apply a soothing product if advised (e.g., aloe vera or a clinic-recommended cream).
- Drink plenty of water to support hydration and healing.
- Always apply broad-spectrum SPF 30+ daily to protect your skin.
- If mild swelling or heat is felt, a cool compress can be applied (do not use ice directly on skin).

Avoid (for 24–48 hours)

- Hot baths, saunas, steam rooms, or swimming.
- Strenuous exercise that causes excessive sweating.
- Direct sunlight or sunbeds.
- Harsh skincare (e.g., retinoids, AHA/BHA acids, scrubs, or strong exfoliants).
- Makeup on the treated area for the first 12–24 hours (especially if skin feels warm or sensitive).

What to Expect

- Skin may appear pink/red for a few hours.
- A feeling of warmth or mild sensitivity may persist temporarily.
- Some people notice immediate tightening, but the main benefits develop gradually as collagen remodels (usually 4–12 weeks).
- A course of treatments is usually recommended for best results.





RF works by stimulating your own natural collagen – results build gradually for a smoother, firmer complexion.



When to Contact Hill Clinics

- If redness, swelling, or discomfort worsens instead of settling.
- If you notice blistering, burns, or skin breakdown.
- Any unexpected or concerning reaction.

Ongoing Care

- Maintain a consistent skincare routine with hydration and sun protection.
- Attend your recommended course of treatments for optimal results.
- Regular maintenance sessions may be advised depending on your goals.

Side Effects

- Most side effects are mild and temporary:
- Redness, swelling, or warmth.
- Slight sensitivity or dryness.
- Rarely, temporary bruising or small areas of pigmentation change.

Call us if you experience:

- If redness, swelling, or discomfort worsens instead of settling.
- If you notice blistering, burns, or skin breakdown.
- Any unexpected or concerning reaction.

