



**Ultimate Skin Pro**  
The professionals choice in skin care equipment

**RQM RF Microneedling**  
1-603-706-3783

RF microneedling is highly effective for treatment for skin tightening, acne scars, wrinkles, and texture—but these treatments involve thermal energy and controlled injury, so they require careful client screening to avoid complications such as burns, hyperpigmentation, or delayed healing.

### **What is Microneedling ?**

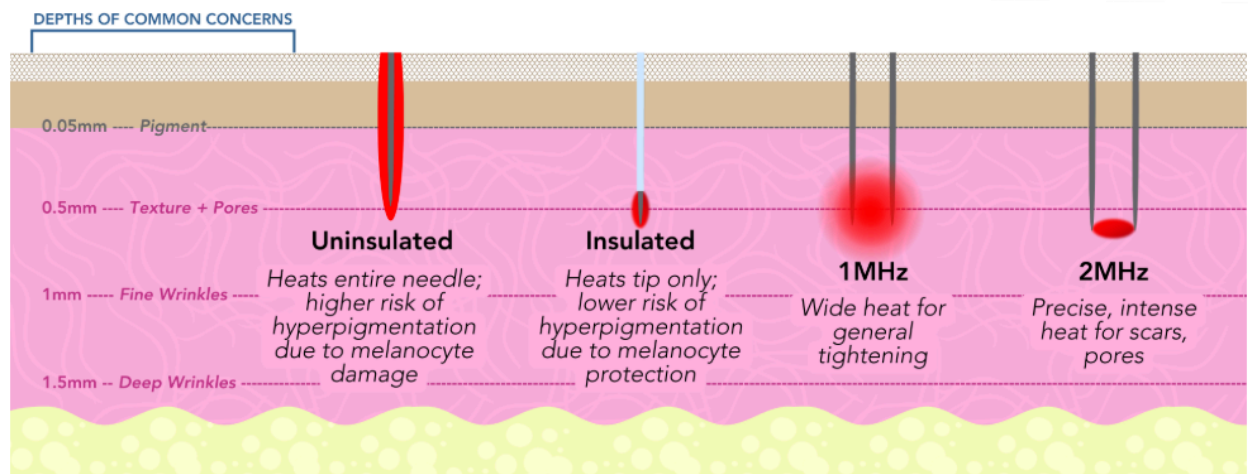
Microneedling is gaining popularity as a non-invasive treatment that can rejuvenate the skin and address a variety of concerns. The process involves using a specialized device equipped with fine needles to create controlled micro-injuries in the skin. These tiny punctures kickstart the skin's natural healing response, leading to increased production of collagen and elastin—two critical proteins that maintain skin's structural integrity and elasticity. As a result, microneedling can significantly enhance skin texture and tone, diminish the appearance of acne scars, and reduce fine lines and wrinkles. This procedure can be tailored to meet individual skin needs and is generally safe for most skin types. While commonly performed on the face, microneedling can also be effective on other body areas where skin rejuvenation is desired. Regular sessions may be recommended to achieve optimal results, and it's important to follow pre- and post-treatment care guidelines to maximize benefits and minimize any potential risks.

## What is Radio Frequency?

Radiofrequency (RF) technology is a popular choice in non-invasive cosmetic treatments aimed at enhancing skin texture and tightness. By emitting energy waves, RF devices gently heat the layers of skin, which can effectively stimulate the production of collagen—a vital protein that maintains skin elasticity and firmness. As collagen production increases, the skin naturally appears smoother and more youthful. This method is particularly appealing due to its ability to provide noticeable improvements without the need for surgery or extensive downtime. RF treatments are versatile and can be used on various parts of the body, offering a safe and effective option for those seeking to rejuvenate their skin.

## What is Radio Frequency Microneedling?

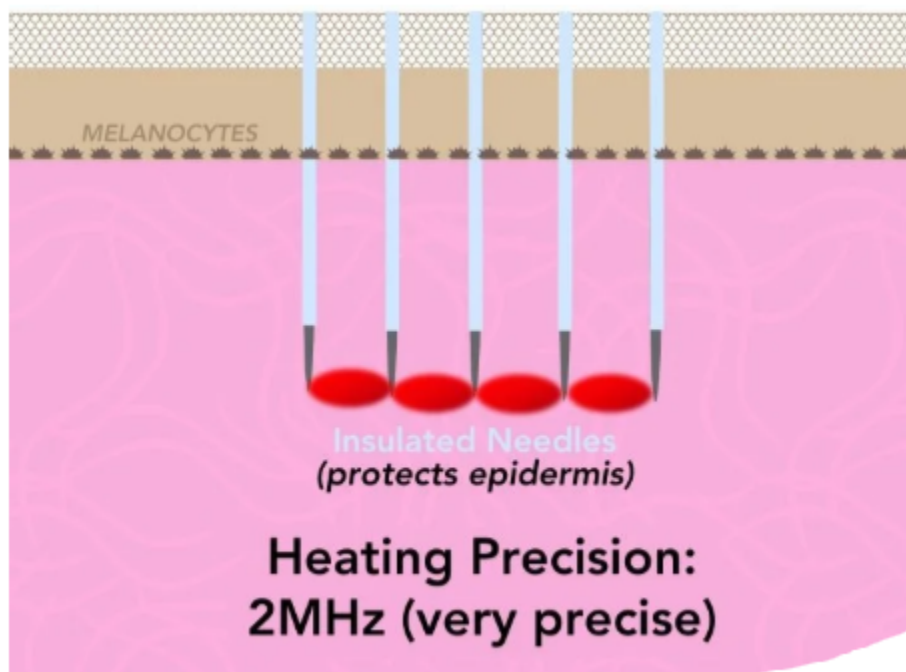
Radiofrequency (RF) microneedling is an innovative cosmetic procedure that combines the benefits of traditional microneedling with the power of radiofrequency energy to enhance skin rejuvenation. By creating thousands of micro-punctures in the skin, the needles stimulate the body's natural healing process, prompting increased collagen and elastin production. The added element of radiofrequency energy, which applies heat to the deeper layers of the skin, significantly amplifies this effect, making the treatment up to ten times more effective. This dual-action approach is particularly beneficial for addressing common skin concerns such as wrinkles, uneven texture, enlarged pores, and scars. RF microneedling is gaining popularity for its ability to deliver noticeable improvements in skin firmness and appearance with relatively minimal downtime.



When delivering heat into the skin through RF microneedling, several crucial factors must be considered to ensure optimal results. First, the depth of needle penetration is essential, as it determines where the radiofrequency energy is delivered within the skin layers, targeting specific areas to stimulate collagen

and elastin production. Second, the intensity and duration of the radiofrequency energy should be carefully controlled to avoid over-treatment or skin damage. Third, the patient's skin type and condition must be assessed to customize the treatment parameters and avoid adverse reactions. Additionally, the number of treatment sessions and intervals between them can be adjusted to achieve desired outcomes while allowing the skin adequate time to heal and regenerate. Lastly, proper aftercare, including skin hydration and sun protection, is vital to maximize the benefits of the procedure and ensure patient satisfaction.

Radiofrequency (RF) microneedling has become a popular treatment for skin rejuvenation, but choosing the right device is crucial, especially for individuals with darker skin tones. This is because darker skin is more prone to post-inflammatory hyperpigmentation, where dark spots can form after skin treatments due to melanocyte damage. Devices with insulated needles are particularly beneficial in this regard. These needles are designed to deliver RF energy directly to the deeper layers of the skin, bypassing the epidermis and minimizing the risk of overheating and damaging melanocytes. By protecting the top layer of skin, these advanced devices help maintain an even skin tone and enhance the overall safety and effectiveness of the treatment for all skin types.



These needles are designed to deliver RF energy directly to the deeper layers of the skin, bypassing the epidermis and minimizing the risk of overheating and damaging melanocytes.

**What would you treat with RF Microneedling?**

- fine lines
- wrinkles
- stretch marks
- appearance of large pores
- acne scars
- scars from injury or surgery
- hyperpigmentation
- loose, sagging skin
- cellulite
- Hyperhidrosis

**When are results evident?**

The time frame for seeing results typically spans 3 to 6 months, contingent upon the severity and type of skin issue being treated. Generally, a minimum of four sessions is necessary although some results can be seen in one or two visits, with treatments spaced 3 to 8 weeks apart to allow for adequate skin healing. For moderate acne scars, around three or four treatments may suffice, whereas more pronounced scars could require up to five sessions. Post-treatment, the results can last approximately a year, with annual touch-up sessions recommended to maintain the desired outcome. This careful scheduling ensures optimal healing and long-lasting results, promoting healthier and smoother skin over time.

**Are there any unpleasant side effects?**

While it is generally well-tolerated, it is important to be aware of potential side effects. Commonly, patients might experience temporary dryness, redness, scaling, and itching as the skin heals. Swelling is also a possibility as the skin responds to the treatment. In some cases, individuals might notice a mild acne flare-up or a cold sore breakout, particularly if they are prone to these conditions. These side effects are usually short-lived, lasting only a few hours to a few days, and can often be

managed with appropriate aftercare. It's crucial for individuals to consult with a qualified professional to understand the potential risks and benefits and to receive personalized advice on post-treatment care.

Link for published research from PUB MED [Published Research](#)

### **Needle lengths:**

#### **0.25mm to 0.55mm**

Microneedling with needle sizes ranging from 0.25mm to 0.55mm is an excellent option for those looking to enhance their skincare regimen without delving too deep into the skin. These smaller needles are particularly suitable for individuals with sensitive skin or those who require only moderate improvement, such as addressing dullness, uneven skin tone, and minor wrinkles. By creating micro-abrasions on the skin's surface, this treatment boosts collagen production, aiding in the reduction of scars and the improved absorption of skincare products. While this needle size is generally effective for most skin conditions, it may not be sufficient for deeper wrinkles, and users should handle the devices with care to avoid potential scarring.

#### **1.00 mm to 1.5mm**

Microneedling with needle sizes ranging from 1.00 mm to 1.5 mm is a popular treatment option for addressing active acne scars, hyperpigmentation, and improving overall skin texture, particularly for those with darker skin types. This size range is effective in reducing pore size, fine lines, and age spots by promoting collagen production without compromising the skin's integrity. The deeper micro-abrasions created by these needles allow topical creams and ointments to penetrate more effectively, but caution should be exercised to prevent infection. Pre-treatment with anesthetics or antiseptics is common to enhance safety. However, individuals with pre-existing health conditions should be cautious, as they may experience adverse reactions due to increased pressure and altered skin sensitivity, which, while not life-threatening, can be uncomfortable.

#### **2.00mm to 2.5mm**

Microneedling, especially when performed with larger needle sizes, is a treatment that calls for the expertise of medical professionals due to its ability to penetrate beyond the superficial layers of the skin. This makes it particularly effective for addressing more challenging issues like stretch marks, deeper scars, and damaged skin, as well as for intensive skin tightening treatments. The process works by stimulating collagen production, which is essential for skin rejuvenation and repair. However, due to the depth of penetration, precision in application and diligent aftercare are critical to ensure safety and efficacy. Patients should be prepared for a more extended healing period, often exceeding two weeks,

and it's essential to space out treatments to allow the skin adequate time to recover. While these needle sizes offer promising results for achieving smooth, glowing skin, the key to success lies in selecting the appropriate needle size for the specific skin concern and ensuring that the procedure is carried out with care and expertise.

#### **Contradictions:**

##### **Pregnancy or Breastfeeding**

Not recommended due to lack of safety data and risk of hormonal-related sensitivity.

##### **Active Infection, Cold Sores, or Open Wounds**

Includes herpes simplex virus (HSV), bacterial or fungal skin infections, and inflamed acne.

##### **Skin Cancer or Suspicious Lesions**

Never treat over areas with melanoma or any undiagnosed skin growth.

##### **Blood-Clotting Disorders or Anticoagulant Use**

Increased risk of excessive bruising, bleeding, and delayed healing.

##### **Use of Isotretinoin (Accutane) Within the Past 6–12 Months**

The skin is too fragile, risking scarring and delayed healing.

##### **Severe Active Eczema, Psoriasis, or Rosacea in Treatment Area**

These inflammatory conditions can worsen with heat or injury.

##### **Autoimmune Diseases That Affect Healing**

Conditions like lupus or scleroderma are contraindicated without medical clearance.

##### **Pacemaker or Implanted Electronic Device (for RF microneedling only)**

RF energy may interfere with the device.

#### **Precautionary items to consider:**

##### **Fitzpatrick Skin Types IV–VI (Dark Skin Tones)**

Higher risk of **post-inflammatory hyperpigmentation (PIH)**—requires adjusted settings and skin prepping.

##### **Recent Sun Exposure or Sunburn**

Skin is more sensitive and at risk of burns or pigment damage.

**Recent Cosmetic Procedures or Injections**

Avoid treatment within:

7–14 days of Botox/fillers

2–4 weeks of chemical peels, laser resurfacing, or waxing

**History of Keloids or Poor Wound Healing**

May lead to scarring or thickened skin response.

**Active Acne or Cystic Breakouts**

Risk of spreading bacteria or worsening inflammation.

**Photosensitizing Medications**

Includes antibiotics (e.g., doxycycline), Accutane, or St. John's Wort—can increase risk of burns.

**Immune Suppression or Chronic Illness**

Slower healing and higher infection risk.

**Anxiety, Low Pain Tolerance, or Unrealistic Expectations**

May impact treatment comfort or satisfaction with results.

Perform a full **medical intake and skin consultation**.

Educate clients on **pre- and post-treatment protocols**, including avoiding sun, heat, and active products. No active products for 5 days. Occlusive moisturizer should be used to prevent TEWL

Obtain **informed consent** and always perform a **test patch** for RF on darker skin types.

**Give clients a copy of the following Pre Treatment Care protocols**

Pre Treatment care:

1. Sun Protection:

**Avoid prolonged sun exposure and tanning beds:**

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**For 2-4 weeks before treatment, minimize direct sunlight and tanning bed use. Sunburned or tanned skin can affect treatment effectiveness.**

2. Skincare Products:

**Discontinue retinol and retinoids:**

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Stop using products containing retinol, tretinoin, or other retinoids for at least 3-7 days before treatment.

**Avoid exfoliants and harsh acids:**

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Do not use products with glycolic acid, salicylic acid, or other exfoliating acids for a few days prior to the procedure.

**Gentle cleanser and moisturizer:**

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Continue using a gentle cleanser and moisturizer to keep the skin clean and hydrated.

3. Medications and Supplements:

**Avoid blood thinners:**

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Refrain from taking aspirin, ibuprofen, naproxen, and other blood-thinning medications or supplements for at least 7 days before treatment.

**Antiviral medication:**

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If you have a history of cold sores or herpes, consult with your provider about taking an antiviral medication before treatment to prevent flare-ups.

4. General Guidelines:

**Shave the area:**

If the treatment area has dense hair, shave it the day before the procedure using a clean razor and shaving cream.

**Stay hydrated:**

Drink plenty of water to keep your skin hydrated and support optimal results.

**Arrive with clean skin:**

Come to your appointment with a clean face, free of makeup, lotions, or other products.

**Inform your provider:**

Disclose any recent cosmetic treatments, skin conditions, or allergies to your provider.

5. Specific to RF Microneedling:

- **Topical Anesthesia:** If prescribed, apply topical anesthesia 30 minutes before the procedure to clean skin.
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- **Avoid alcohol:** Refrain from alcohol consumption for 24-48 hours before the procedure.
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- **Avoid caffeine:** Limit caffeine intake 24 hours before the visit

**In office treatment protocol:**

Cleanse treatment area with gentle cleanser, wipe area with alcohol pad.

Apply numbing solution and cover with plastic wrap (this prevents the product from evaporating or drying out)

Select machine treatment parameters according to FITZ type and desired outcome.

Remove numbing product in the area to be treated.

Apply treatment as instructed in training.

When treatment is complete, apply occlusive moisturizer to prevent TEWL

# RQM RF Microneedling

Three Technologies in One



Effectively promote collagen and elastin

**If you have any questions please contact us. Ultimate Skin Pro Esthetics 1-603-706-3783**