



Quantum RF Pre- & Post-Care Instructions

Before Your Treatment (Pre-Care)

1–2 Weeks Before

- Avoid excessive sun exposure or tanning in treatment area.
- Keep skin healthy and free of irritation, rash, or infection.
- Notify your provider if you have:
 - Active skin infection or open wounds
 - Implanted electronic devices (if applicable)
 - Recent procedures in treatment area
 - History of abnormal scarring
 - Pregnancy/Breastfeeding (if applicable)

5–7 Days Before

If medically appropriate and approved by your provider, avoid:

- Aspirin or anti-inflammatory medications that may increase bruising
- Fish oil, vitamin E, or blood-thinning supplements
- Alcohol for 24 hours prior to treatment

Day of Treatment

- Arrive with clean skin free of lotions, oils, or self-tanner.
- Stay well hydrated.
- Wear loose, comfortable clothing if treating body areas.

After Your Treatment (Post-Care)

First 24–72 Hours

Expected:

- Mild to moderate swelling
- Tenderness or soreness
- Warmth in treatment area
- Bruising (possible)
- Firmness or “full” sensation under the skin

This is expected and part of the remodeling response.

Do:

- Apply cool compresses if needed for comfort.
- Stay well hydrated.
- Gentle walking is encouraged.
- Resume normal daily activities unless otherwise instructed.

Avoid for 48 Hours:

- Vigorous exercise
- Hot tubs, saunas, or excessive heat
- Aggressive massage unless directed by your provider
- Alcohol (if prone to swelling)

Days 3–7

- Mild swelling or tenderness may persist.
- Temporary firmness or nodularity can occur as tissues heal.
- Continue normal gentle skincare if face/neck treated.
- Protect treated area from excessive sun exposure.

For 1–2 Weeks

Avoid:

- Additional energy-based treatments unless cleared
- Aggressive manipulation of the treatment area
- Excessive heat exposure

Follow any provider instructions regarding:

- Compression (if recommended)
- Lymphatic massage (if recommended)
- Follow-up appointments

Results

- Improvements develop gradually as inflammation resolves and remodeling occurs.
- Results continue evolving over weeks to months.

Contact Your Provider (207-412-0291) If You Experience

- Severe or worsening pain
- Significant asymmetrical swelling
- Signs of infection
- Blistering or skin injury
- Persistent nodules or concerns beyond expected healing

Important

Mild swelling can temporarily make the area appear fuller before improvement is seen. This is normal.