



PATIENT INFORMATION

Radiofrequency

Microneedling

Skin tightening & collagen renewal — your guide to before & aftercare



CONSULTANT-LED CARE · WATERLOO, LIVERPOOL

WELCOME

Thank you for choosing The Pinewoods Clinic

This guide explains radiofrequency (RF) microneedling at The Pinewoods Clinic: how it works, how to prepare, what happens on the day, how to look after your skin afterwards and when to contact us. Please read it before your treatment and keep it somewhere handy during your recovery.

Every treatment is tailored to your skin. If anything in this guide differs from the instructions your practitioner has given you personally, **follow your practitioner's advice.**

Your practitioner

Jodie Miller

RADIOFREQUENCY MICRONEEDLING, IPL & HIFU

The Pinewoods Clinic, Waterloo

Jodie carries out our radiofrequency microneedling, IPL and HIFU treatments. She will guide you through your consultation, plan a course of treatment tailored to your skin and support you through your aftercare.

All treatments at The Pinewoods Clinic are delivered under the clinical governance of our Medical Director, Mr Rob Laycock, Consultant Maxillofacial & Facial Plastic Surgeon (GMC 6145445), so medical advice is always available if you need it.

How to reach us

Telephone **0151 380 0055** • Email **treatment@pinewoodsclinic.com**

All voicemails and website contact forms are monitored. See Section 09 for warning signs.

SECTION 01

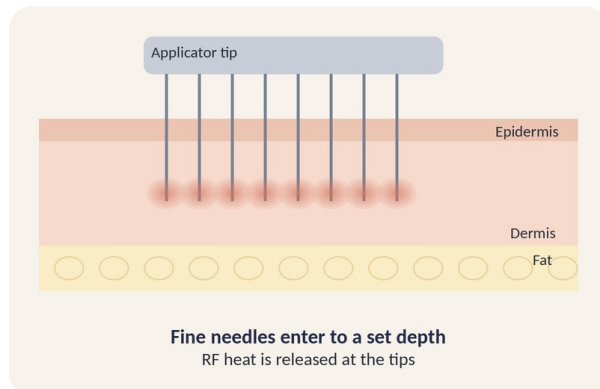
About RF microneedling

Radiofrequency microneedling combines two proven collagen-boosting techniques. Very fine, insulated needles create tiny channels in the skin, and radiofrequency energy is released at the needle tips to gently heat the deeper layers. Your skin responds by producing new collagen and elastin, which tightens, firms and smooths it over the following weeks.

We use the Lynton FOCUS Dual system, which offers a wide range of needle depths and radiofrequency intensity settings. This means each treatment can be customised to your skin type, the area treated and your concerns.

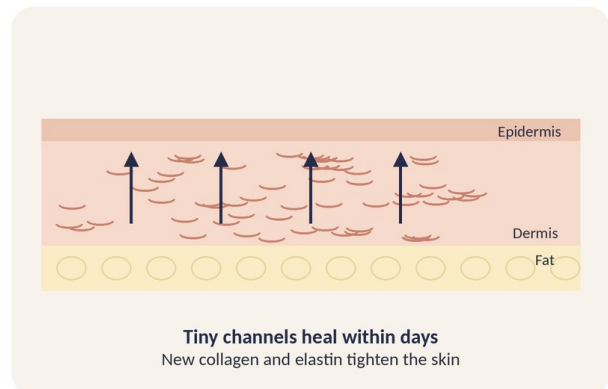
1 DURING TREATMENT

Needles deliver radiofrequency



2 OVER THE FOLLOWING WEEKS

Collagen renewal



Simplified cross-sections of the skin. Illustration for guidance only.

Why add radiofrequency?

Microneedling alone works mainly near the surface. Adding radiofrequency delivers controlled heat deeper in the skin, giving greater tightening and collagen renewal with minimal disruption to the surface.

Results that build

Most people notice an improvement 2 to 3 weeks after the first treatment. Results are natural and continue to improve, peaking around 12 weeks after the final treatment.

SECTION 02

What it can treat

RF microneedling can be used on the face, neck and many areas of the body, including:

- ◆ Fine lines, wrinkles and loss of firmness
- ◆ Loose or crepey skin on the face, jawline, neck, chest and abdomen
- ◆ Acne scars and other scars
- ◆ Stretch marks
- ◆ Enlarged pores and uneven texture
- ◆ Underarm puffiness (axillary puffs)

WHAT TO EXPECT	
Treatment time	Up to 75 minutes, depending on the area
Numbing	Numbing cream is applied beforehand for comfort
Course	A minimum of 2 and up to 6 treatments, at 4-week intervals
Downtime	Minimal — redness and mild swelling usually settle within 1 to 3 days

Treatment may not be suitable if you

- ◆ Are pregnant or breastfeeding
- ◆ Have a pacemaker or other implanted electronic device
- ◆ Have metal implants, gold threads or recent dermal filler in the area
- ◆ Have active acne, a skin infection, cold sore or open wound in the area
- ◆ Have taken isotretinoin (Roaccutane) in the last 6 months
- ◆ Have a bleeding disorder, take blood thinners, or have a history of keloid scarring

SECTION 03

Preparing for your treatment

At your consultation we will assess your skin, medical history and medicines, agree what can realistically be achieved and plan your course of treatment.

BEFORE YOUR TREATMENT	WHAT TO DO
4 weeks before	Avoid sunburn and sunbeds. Use SPF 50 daily
2 weeks before	Avoid anti-wrinkle injections or fillers in the area, and stop fake tan
5 to 7 days before	Stop retinol, tretinoin and exfoliating acids on the area
If you get cold sores	Tell us — antiviral tablets may be recommended before facial treatment
On the day	Arrive with clean skin and no make-up. Remove jewellery from the area

SECTION 04

Risks and possible side effects

RF microneedling is very safe when carried out by a trained practitioner, but as with any treatment there are possible side effects.

COMMON

Expected and temporary

- ◆ **Redness, warmth and mild swelling** — like a sunburn; usually settles within 1 to 3 days.
- ◆ **Pinpoint bleeding and tiny grid marks** — settle within a few days.
- ◆ **Dryness, tightness and light flaking** — around days 3 to 5.

LESS COMMON

Can occur and may need treatment

- ◆ **Bruising** — especially around the eyes and on thinner skin.
- ◆ **Breakouts or milia (small white spots)** — usually settle on their own.
- ◆ **Cold sore outbreak** — in people who are prone to them.
- ◆ **Darkening of the skin (hyperpigmentation)** — more likely in darker skin or with sun exposure; usually fades.
- ◆ **Infection** — uncommon; treated with medicines.

RARE

Uncommon but important — see Section 09 for warning signs

- ◆ **Burns or blistering** — or marks that persist.
- ◆ **Scarring** — very rare.
- ◆ **Allergic reaction** — to numbing cream or skincare products.

FURTHER TREATMENT

RF microneedling works best as a course. Most people need between 2 and 6 treatments to reach their result, and maintenance treatments every 6 to 12 months help keep collagen levels up as the skin continues to age.

Additional sessions or re-treatment may involve additional costs, such as theatre, anaesthetic and surgical fees. Your surgeon will explain this at your consultation and the details are set out in your treatment terms. Please ask if anything is unclear before your operation.

SECTION 05

On the day of treatment

- 1 Your skin is cleansed and photographed, with your consent.
- 2 Numbing cream is applied for 30 to 45 minutes, then removed and the skin disinfected.
- 3 The applicator is passed over the area in a systematic pattern, with the depth and energy adjusted for each zone.
- 4 A soothing, calming product is applied afterwards.

How it feels

Most people feel warmth, a light prickling and a buzzing or vibrating sensation. Bony areas such as the forehead and jawline can feel more intense. Your practitioner will check on your comfort throughout and can adjust the settings.

SECTION 06

Your recovery at a glance

WHEN	WHAT TO EXPECT	WHAT TO DO
Day of treatment	Redness, warmth and mild swelling, like sunburn. Pinpoint marks may be visible.	Keep the skin clean. No make-up for 24 hours.
Days 1 – 3	Redness and swelling settle.	Gentle skincare and a bland moisturiser. SPF every day.
Days 3 – 7	Skin may feel dry, tight or flake lightly.	Moisturise. Don't pick or exfoliate.
2 – 3 weeks	First improvements in firmness and texture.	
4 weeks	Skin continues to improve.	Next treatment in your course.
12 weeks after the final treatment	Results reach their peak.	Maintenance every 6 to 12 months if you wish.

SECTION 07

Caring for your skin

- 1 Keep your skin clean for the first 24 hours. Wash gently with cool water and a mild, fragrance-free cleanser, and pat dry with a clean towel.
- 2 Apply the soothing product or a bland, fragrance-free moisturiser several times a day.
- 3 Use a broad-spectrum SPF 50 every day, and avoid direct sun for 2 weeks.
- 4 Avoid make-up for 24 hours, then use clean brushes and fresh products.
- 5 Sleep on a clean pillowcase for the first night.

Avoid for 5 to 7 days

Retinol, tretinoin, acids, scrubs, facial brushes and other active or perfumed products.

Don't pick

Let any dryness or flaking come away naturally.

Cool compresses

If your skin feels hot, a clean cloth soaked in cool water can soothe it.

Spacing treatments

Leave 4 weeks between RF microneedling sessions, and 2 weeks before injectables.

SECTION 08

Getting back to normal

ACTIVITY	WHEN YOU CAN RESTART
Work & socialising	Usually straight away or the next day
Make-up	After 24 hours
Exercise & heavy sweating	Avoid for 24 to 48 hours
Swimming	Avoid for 48 hours
Saunas, steam rooms & hot tubs	Avoid for 72 hours
Sunbathing & sunbeds	Avoid for 2 weeks
Active skincare (retinol, acids)	After 5 to 7 days
Anti-wrinkle injections & fillers	Wait 2 weeks
Other treatments to the area (peels, waxing)	Wait 2 weeks

SECTION 09

When to get help

Problems are uncommon, but it is important to recognise them early.

URGENT — CONTACT US OR GO TO A&E

- ◆ Swelling of the face, lips, tongue or throat, or difficulty breathing
- ◆ Rapidly spreading redness with fever

CONTACT THE CLINIC PROMPTLY IF YOU NOTICE

- ◆ Increasing pain, heat or swelling after the first 2 days
- ◆ Yellow crusts, pus or an unpleasant smell
- ◆ Blisters or cold sores
- ◆ A temperature of 38°C or above, or feeling unwell
- ◆ Redness or marks that have not settled after a week
- ◆ Skin becoming noticeably darker

Questions or concerns

Call the clinic on **0151 380 0055**. If the line is busy, please leave a message — all voicemails and website contact forms are monitored and the team will call you back. You can also email **treatment@pinewoodsclinic.com**. Outside clinic hours, call NHS 111 for urgent advice.

SECTION 10

My treatment notes

Your clinician will complete these details with you.

Treatment (RF microneedling)

Area treated

Date of treatment

Clinician

Test patch date

Next session

Review appointment

Questions for my review

THE PINEWOODS CLINIC

Crosby Road North, Waterloo, Liverpool L22 0PJ

Telephone **0151 380 0055** • Email **treatment@pinewoodsclinic.com**

pinewoodsclinic.com • Instagram @thepinewoodsclinic • Facebook /PinewoodsClinic

This leaflet provides general information and does not replace the individual advice of your surgeon. Document: PIL-RFMN • Version 1.0 • Issued September 2026 • Review due September 2028.



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CQC-REGISTERED INDEPENDENT HEALTHCARE PROVIDER