



New Image Works
3633 W Lake Ave, Ste 303, Glenview, IL 60026 (224) 432-5803
1348 N Wells St, Chicago, IL 60610 (312) 638-4979
2920 NE 207th Street, Suite 1005, Aventura, FL 33180 (786) 438-0778

SYLFIRM X® RF MICRONEEDLING TREATMENTS PRE AND POST CARE
INSTRUCTIONS
(Dual-Wave RF Microneedling System by Viol)

Sylfirm X® is one of the most powerful technologies available for superficial skin lifting and skin quality improvement.

It does not replace a surgical facelift, but it is truly incredible for:

- Improving skin firmness
- Refining texture
- Reducing pigmentation and redness
- Strengthening fragile vascular skin
- Enhancing overall skin quality

It delivers controlled radiofrequency (RF) energy through microneedles into the dermis to stimulate collagen remodeling and vascular correction.

Sylfirm X® utilizes two RF modes:

- Pulsed Wave (PW) – targets abnormal vessels and melasma
- Continuous Wave (CW) – stimulates collagen and improves laxity

It is especially effective for:

- Early skin laxity
- Rosacea/redness
- Acne scars
- Fine lines
- Melasma

WHAT TO EXPECT

Patient response varies depending on:



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- Treatment intensity
- Needle depth
- RF energy level
- Individual healing capacity

Immediately After Treatment

Expected and desired responses include:

- Redness (similar to moderate sunburn)
- Mild to moderate swelling
- Grid-like or pinpoint marks
- Warm sensation
- Mild tenderness

Typical Healing Timeline

Mild to Moderate Treatment:

- Redness: 24-72 hours
- Swelling: 1-3 days
- Mild dryness or flaking: Days 3-5

More Aggressive Treatment:

- Redness: 1-5 days
- Swelling: up to 5 days
- Possible bruising: 5-7 days

Most patients experience 2-5 days of social downtime.

Collagen remodeling and tightening continue for 8-12 weeks after each session.



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Makeup

- Makeup may typically be applied 24-48 hours after treatment, once skin is intact and there are no signs of infection.

PRE-TREATMENT INSTRUCTIONS

5-7 Days Before Treatment

Discontinue (if medically appropriate and approved by your provider):

- NSAIDs (Ibuprofen, Aspirin, etc.)
- Magnesium
- Vitamin D
- Fish oil
- Flaxseed oil

This reduces:

- Bruising
- Petechiae
- Excess inflammation

3-5 Days Before Treatment

- Discontinue retinoids (Retin-A, tretinoin).
- Avoid exfoliating acids (AHA/BHA).



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- Avoid waxing or aggressive treatments in treatment area.

Medication Disclosure (Very Important)

Inform your provider about all medications and supplements, especially:

- Antibiotics
- Blood thinners
- Biological infusions/injections
- Steroids
- Hormone therapy

If you have active acne, infection, or cold sores, notify the office.

Antiviral prophylaxis may be prescribed if indicated.

Pain & Swelling Prevention Protocol

For comfort:

- Take 2 tablets of Extra Strength Tylenol (1000 mg total) 1 hour prior to treatment.

For swelling prevention:

- Take 1 tablet of non-drowsy antihistamine 2-3 hours prior to treatment.



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Day of Treatment

- Arrive with clean skin (no makeup, lotions, sunscreen).
- Stay well hydrated.
- Avoid alcohol 24 hours prior.

POST-TREATMENT INSTRUCTIONS

First 24 Hours

- Expect redness and warmth.
- Do not apply makeup for at least 24 hours.
- Avoid touching or rubbing treated area.
- Sleep with head slightly elevated if swollen.
- Avoid strenuous exercise for 24-48 hours.

Cleansing

Beginning the evening of treatment or next morning:

- Cleanse gently with lukewarm water and mild cleanser.
- Use hands only.
- Pat dry gently.
- Do not scrub.



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Skincare

For 3-5 days:

Avoid:

- Retinoids
- Exfoliants
- Acids
- Active serums unless directed
- Oils

Use:

- Gentle moisturizer
- Barrier-repair cream
- Hyaluronic acid

Activity Restrictions

For 48 hours

- Avoid heavy sweating.
- Avoid saunas, steam rooms, hot tubs.
- Avoid swimming pools.
- Avoid hot yoga.



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SUN & PIGMENT PROTECTION

Sun protection is critical, especially when treating melasma.

- Avoid direct sun exposure for at least 2 weeks.
- Wear broad-spectrum SPF daily.
- Use tinted sunscreen if prone to melasma or diffuse pigmentation.
- Be especially cautious during boating, beach, or pool exposure.

Do NOT use self-tanners on treated areas.

Self-tanners may worsen pigment irregularities.

FOLLOW-UP

We recommend a follow-up appointment 1-2 weeks after treatment to:

- Evaluate healing
- Assess pigmentation response
- Adjust skincare
- Plan next session

Sylfirm X treatments are typically performed in a series of 3-5 sessions, spaced approximately 4 weeks apart.



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WARNING SIGNS – CONTACT OFFICE IMMEDIATELY IF:

- Increasing pain after 48 hours
- Drainage resembling pus
- Excessive swelling
- Fever of 101.5°F or higher
- Spreading redness
- Signs of infection

Prompt evaluation ensures safe recovery.

Sylfirm X® delivers exceptional improvement in skin quality, vascular correction, and superficial tightening. While it does not replace surgical lifting, it is a powerful option for patients seeking visible skin rejuvenation with minimal downtime.

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