

GOLDEN RADIOFREQUENCY (RF) FACIAL

Aftercare Information



It is important to follow the aftercare steps to ensure safe recovery of the skin post-procedure. Proper care with the use of the recommended skin care products as part of your aftercare will help you achieve your best possible treatment results.

- Mild warmth, redness, or sensitivity is normal and should settle within a few hours.
- Avoid touching your face unnecessarily until the skin feels calm.
- Do not apply ice or anything cold directly to the area unless specifically advised.
- Use a gentle, non-exfoliating cleanser with lukewarm water.
- Pat the skin dry—avoid rubbing or friction.
- Apply a hydrating serum such as hyaluronic acid to support moisture levels.
- Avoid the following until the skin has fully settled: Retinols/retinoids, AHAs/BHAs, Vitamin C (unless very gentle), scrubs or exfoliants.
- Follow with a soothing, nourishing moisturiser to calm and protect the skin barrier.
- Maintain a consistent, hydrating skincare routine to support collagen production. Keeping the skin moisturised consistently helps maintain lift and firmness.
- Wear broad-spectrum SPF 50+ daily. Avoid direct sun exposure for 48–72 hours. Wear a hat outdoors for added protection.
- Avoid makeup for 12–24 hours.
- Drink plenty of water to support lymphatic drainage and enhance results.
- For 24–48 hours, avoid hot showers, saunas, steam rooms, intense exercise or sweating, hot tubs, swimming pools and direct heat exposure (sunbathing, sunbeds).
- For 3–5 days, avoid facial waxing, exfoliation, laser treatments, chemical peels or other resurfacing procedures.
- Avoid smoking and alcohol as they can slow skin regeneration.
- Keep skin routine simple: cleanse → hydrate → serum → moisturise → SPF.
- RF results are cumulative. Regular sessions will give best long-term benefits.

If you have any questions concerning the treatment or aftercare, please feel free to contact SKB Clinic on 0203 668 9966.