PROJUVENATE®

Patient Information Leaflet: EXION® FRF Microneedling

This leaflet provides essential information about EXION® FRF Microneedling to help you make an informed decision. It covers how the treatment works, what to expect, potential side effects and risks, and pre- and post-treatment care instructions.

What is EXION® FRF Microneedling?

EXION® FRF Microneedling is an advanced, minimally-invasive treatment combining microneedling with monopolar radiofrequency (RF) energy. It improves skin firmness, reduces wrinkles, refines texture, and can also treat scars and stretch marks. It works by stimulating collagen and elastin production to enhance overall skin health.

How does EXION® FRF Microneedling work?

EXION® FRF Microneedling combines microneedling with fractional monopolar radiofrequency (RF) energy to deliver advanced skin rejuvenation.

Microneedling creates tiny, controlled micro-injuries in the skin, stimulating your body's natural healing response. At the same time, fractional radiofrequency energy penetrates deeply into the skin, generating heat that shrinks and remodels old collagen and elastin fibres, while also stimulating the production of new collagen and elastin. This process improves the skin's firmness, texture, and elasticity - helping to reduce fine lines, wrinkles, scars, stretch marks, and laxity.

EXION® uses advanced AI technology that measures electrical impedance - this means it 'reads' how your skin is responding to the energy in real time. The device senses how much resistance your skin gives to the energy and automatically adjusts:

- How much energy is delivered
- How long it's delivered for
- How fast it enters the skin

This ensures the treatment is precise and comfortable, tailored to your individual skin, and safe for all skin types.

Note: *For facial treatments, EXION® FRF Microneedling is designed to work within the skin, not the fat beneath it. The energy is delivered in a fractional and controlled manner, targeting the dermis without damaging underlying facial fat.*

What to expect?

Consultation: Before treatment, you'll have a face-to-face consultation, which includes a full health assessment and a detailed skin examination to determine whether EXION® FRF Microneedling is suitable for you. If recommended, you'll receive clear information about the procedure, potential side effects, and aftercare. Where appropriate, medical grade skincare products may be recommended to help ensure your skin is optimally prepared. Pre-treatment photographs will be taken to support progress tracking. We allow ample time between consultation and treatment, giving you the opportunity to make an informed decision. Treatment may be declined if it is not in your best interest, as your safety and well-being are our highest priority.

Procedure: On the day of treatment, following your consultation and informed consent, we begin by preparing your skin. A topical anaesthetic may be applied to ensure comfort. A single pass of fractional radiofrequency microneedling

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is then performed, with your skin continuously monitored throughout for safety, precision, and comfort.

Post-Procedure: After treatment, you'll be provided with aftercare instructions and specialist skincare products to support healing and optimise results. While some initial improvement may be visible shortly after treatment, continued enhancements in skin texture, tone, and overall quality will develop gradually over the following weeks to months as new collagen forms. For best results, the treatment is typically performed as a course of 3 to 6 sessions, spaced 4 to 6 weeks apart.

Who is a suitable candidate?

EXION® FRF Microneedling is suitable for individuals looking to seeking improve skin firmness, reduce fine lines and wrinkles, and refine texture on the face or body. It's effective for addressing scars, stretch marks, and areas of skin laxity. A thorough consultation will determine if this treatment is appropriate for your skin type, goals or concerns, and medical history.

Contradictions and Cautions:

EXION® FRF is not suitable for individuals with the following:

- Active skin infection, inflammation or cold sores
- Impaired immunity, autoimmune skin conditions
- Isotretinoin use within 12 months
- Recent chemotherapy or radiation therapy
- Untreated wounds or poor healing ability
- Implanted electronic devices (e.g., pacemaker, defibrillator)
- Metal implants (including IUD) near treatment site or neutral electrode
- Permanent implant near the area
- History of skin cancer, or pre-malignant moles
- History of any type of malignant cancer
- Active collagen diseases
- Cardiovascular diseases (such as vascular diseases, peripheral arterial disease, thrombophlebitis and thrombosis)
- Bleeding disorders, coagulopathies, or current anticoagulant use
- Uncontrolled diabetes or endocrine disorders
- Active tuberculosis, hepatitis, febrile illness
- Any active condition in the treatment area, such as sores, psoriasis, eczema, rash and rosacea
- Any surgical procedure in the treatment area within the last three months or before complete healing
- History of skin disorders, keloids, very dry and fragile skin
- Recent cosmetic injections (eg. wrinkle relaxing injections, collagen, polynucleotides) in area within 3 months
- Pregnancy, breastfeeding, or undergoing IVF
- Excessive sun exposure or tanning in past 2 weeks
- Use of Non-Steroidal Anti-inflammatory Drugs (eg. Ibuprofen, aspirin) 1 week before and after treatment.
- Tattoos or permanent make-up in the treatment area

Note: Full medical disclosure during consultation is essential for safe treatment planning.

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Potential Side Effects and Risks

EXION® FRF Microneedling is generally well tolerated, and it is completely normal to experience some temporary side effects as part of your skin's healing process. You may notice:

- Redness, warmth, or tenderness in the treated area
- Mild swelling or skin sensitivity
- Tiny scabs forming within 1–3 days (which may last for several days)
- A faint grid pattern on the skin, which may take a few days to a few weeks to fade
- Occasionally: crusting, small blisters, mild surface burns, or breakouts (typically resolve within a week)

Rare risks include:

- Infection
- Bruising
- Prolonged discomfort or delayed healing
- Burns

Important: Please do not pick, scratch, or rub any scabs or flaking skin. Allow them to shed naturally to avoid disrupting your results or causing scarring.

What to Do if You Experience a Problem

Contact your practitioner if you experience:

- Prolonged discomfort, swelling, or skin changes
- Signs of skin damage or unexpected reactions

Pre-Treatment Preparation:

To ensure optimal results and minimise the risk of irritation, bruising, or complications, please follow the guidance below in the days leading up to your treatment:

1 Week Before Treatment:

- Avoid non-steroidal anti-inflammatory medications (NSAIDs) such as ibuprofen, aspirin, or naproxen, unless prescribed by your doctor.

Within 72 Hours Before Treatment:

- Avoid active skincare products in the treatment area, including:

– AHAs (e.g. glycolic acid)
– BHAs (e.g. salicylic acid) 4
– Retinol or retinoids
– Prescription creams (unless advised by your prescriber)

24 Hours Before Treatment:

- Avoid alcohol and vigorous exercise
- Stay well hydrated to support skin healing and circulation
- Ensure facial hair in the treatment area (e.g. beard, sideburns) and body hair where the grounding pad will be applied (e.g. back, shoulder, thigh) is clean-shaven

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- Do not apply heavy creams, oils, or SPF on the day of treatment
- Arrive with clean, makeup-free skin, or allow time to cleanse before your appointment

Post-Treatment Care Instructions

To support healing and reduce the risk of irritation or infection:

- Apply a healing or soothing product as advised by your clinician, until skin sensitivity resolves
- Avoid washing the treated area for at least 6 hours
- Pat skin dry - do not rub with towels for 48 hours
- Use clean pillowcases and towels; replace daily for the first few days
- Disinfect jewellery or accessories before allowing contact with the treated area
- You may use a cold compress to ease redness or swelling - ensure it is clean
- Keep the area and hands clean, and avoid pet contact for 24 hours
- Avoid touching or exposing the area to irritants for 24–48 hours
- Do not apply makeup for 24–72 hours, or until the skin has healed
- Avoid direct sun exposure for several days; apply broad-spectrum SPF 30+ daily for at least 1 month
- Use only gentle skincare; avoid active ingredients (retinoids, vitamin C, exfoliants) for at least 7 days
- Avoid sweating, friction, or heat (e.g. gym, swimming, saunas, hot baths) for 2–5 days
- Refrain from other treatments in this area (facials, peels, injectables, laser etc) until advised

Final Note: While the benefits of EXION® FRF Microneedling generally outweigh the risks, it is crucial to receive treatment from a qualified healthcare professional and to closely follow their post-treatment instructions.

For more information or to schedule a consultation, please contact our team. If you have any questions or concerns, we are here to provide expert care and support throughout your Projuvenate journey.

References:
Aesthetic Complications Expert (ACE) Patient Information Leaflet – Fractional Radiofrequency Microneedling. Available at: https://uk.acegroup.online/leaflets/rf_microneedling/

Chandra S, Mysore V, Shah S, Malayanur D, S R S. Physics of fractional microneedle radiofrequency - A review. J Cutan Aesthet Surg. 2024 Jul-Sep;17(3):177-183. doi: 10.25259/jcas_98_23. Epub 2024 Aug 29. PMID: 39483649; PMCID: PMC11497551.

Disclaimer: This leaflet is for informational purposes only and does not constitute medical advice. Individual results may vary. A full consultation and clinical assessment are required to determine suitability for treatment. Always follow the advice and instructions provided by your healthcare practitioner. If you experience any unexpected reactions or have concerns, contact your provider immediately. By proceeding with treatment, you confirm that you have read and understood the information provided and have had an opportunity to ask questions.