

Pre and Post-Op Instructions for SylfirmX

[Sylfirm X](#) is a non-surgical, minimally invasive treatment that combines microneedling and radiofrequency (RF) technology to refresh and rejuvenate the skin. Like microneedling, the device uses a series of fine needles to create micro-injuries in your skin to encourage collagen and elastin production. It utilizes radiofrequency technology to deliver RF energy into your skin, heating it below the surface and signaling your body to boost collagen and elastin production. As a bonus, the heat from radiofrequency energy tightens and sculpts your skin. Sylfirm X is more advanced than other microneedling/RF devices because it offers [short and continuous wave](#) pulses to target problem areas more precisely for optimal results.

At Beverly Hills Plastic Surgery, we're always on the lookout for the best new skin rejuvenation innovations for our patients. Sylfirm X represents the next wave of technology to eliminate everything from fine lines and wrinkles to sagging skin.

Below, you'll find a guide for preparing your skin for your Sylfirm X treatment and how to care for your skin after the procedure to ensure the gorgeous results you desire.

Preparing for Your Sylfirm X Treatment

While the Sylfirm X treatment isn't particularly painful, it makes your skin more sensitive and prone to irritation. With a few simple adjustments to your routine, you can ensure your skin is prepared to be the perfect canvas before your Sylfirm X session.

Two Weeks or More Before

If you're on prescription acne medication, you may need to discontinue use for up to six months before a Sylfirm X session. This is something you should address with Dr. Chiu during your consultation.

Wear UVA and UVB broad-spectrum sunscreen (at least SPF 30), and avoid prolonged sun exposure, tanning beds, and spray tans or self-tanners for at least three weeks before your treatment.

Postpone other cosmetic treatments, like injections of BOTOX® Cosmetic, chemical peels, or laser treatments. Allow at least two weeks after filler injections for the filler to settle before undergoing a Sylfirm X treatment.

One Week Before

Discontinue blood thinning medications, NSAID pain relievers (ibuprofen, naproxen), steroids, and antibiotics. Make sure you consult with your doctor before stopping any prescription medication.

Do not apply any skincare products containing retinol, retinoids, or acid (such as salicylic or glycolic), chemical or physical exfoliants, and topical antibiotics or steroids.

Do not wax, tweeze, or shave/dermaplane your face.

Limit your intake of caffeine and alcohol, as they increase your risk of bruising around the treatment area.

If you have a history of cold sores, take antiviral medication at least a day before your treatment.

Caring for Your Skin After Your Sylfirm X Session

On the day of your procedure, please arrive at our office with a freshly cleansed face, completely free of makeup and skin care products. Sylfirm X is virtually pain-free, with most patients reporting nothing more than a slight warming of their skin. However, if you would like a topical numbing cream to ensure your comfort, we will provide it.

Once your session is complete, you may want to spend a couple of days at home to allow any redness or bruising to subside.

Up to One Week Post-Procedure

Immediately after your Sylfirm X session, your skin will be red and may feel tender and a bit tight. You may also experience minor temporary bruising, and most symptoms resolve within 24 hours of your treatment. An ice pack can help relieve any discomfort.

Use a gentle cleanser to wash the treatment area, lightly patting your skin dry. Make sure your hands, towel, and pillowcases are clean to minimize your skin's contact with bacteria.

Moisturize with a light hydrating moisturizer at least once a day, and continue to avoid retinol, acids, and any type of exfoliants for at least a week or until your skin feels "back to normal."

You may notice small scabs, flaking, or peeling, but DO NOT pick at your skin.

Avoid hot showers or hot tubs and strenuous exercise. Excessive heat may irritate your skin, while sweat may introduce bacteria to the area.

Wear full-spectrum sunscreen at all times. Avoid chemical sunscreens and opt for a physical sunscreen with an SPF of at least 30 and broad-spectrum protection. Stay out of direct sun and wear a hat for extra sun protection.

You'll begin seeing some effects from your Sylfirm X treatment immediately after your session, and those results will continue progressing as your skin heals and rejuvenates. Complete cell turnover takes about 28 days, so you should be able to see your full results within a month of treatment.

Depending on your desired results, you may require more than one Sylfirm X session over several months. You'll discuss this with Dr. Chiu at your consultation as he creates your customized treatment plan.

Want to Learn More About Sylfirm X in Beverly Hills?

At Beverly Hills Plastic Surgery, we pride ourselves on offering a wide range of services and products to ensure that each patient receives the exact treatment to best address their particular concern. Whether you're looking for traditional microneedling or radiofrequency microneedling, we'll help you determine which procedure will get you looking your best in no time. If you're interested in learning more about Sylfirm X and discovering if it's the right treatment for you, call us today at [310-888-8087](tel:310-888-8087) or fill out our [online contact form](#) to schedule a consultation.