

# Client guide

Genius  
(Radiofrequency Micro-  
needling)



**Cutis** Clinic





## Genius (Radiofrequency Micro-needling)

Genius transmits fractional Radio-Frequency energy to the dermis via the tips of 49 gold-coated, insulated microneedles. The penetration depth of each needle is precisely adjusted to target the depth of the skin condition. Thick scars and skin may be treated with a 2-3 mm depth; superficial textured skin and issues are best treated superficially with 0,5-1,5 mm depth.

The micro-needles create thousands of microchannels in the skin, and the tissue is heated up to approximately 68 degrees. During the following healing process, the skin will release growth factors that stimulate formation of collagen and elastin, that gradually tightens and soothes the skin.

The natural formation of glycoaminoglycans (GAGs) is increased, which improves skin moisture and glow.

Genius treatments improves skin quality and reduce scars, lines and wrinkles, loose skin, stretch marks, coarse pores etc.

Genius treatments are performed all year round - also during the summer. Genius is performed on all skin tones - even dark skin. Genius may also be performed over the whole body. However, Genius is not performed in case of:

- Pregnancy
- Keloid scarring
- People with infection in the treatment area

## Preparation - prior to treatment

Sunscreen should be used daily when exposed to sunlight, especially during the summer. SPF 30+ is recommended and applied on a regular basis.

Exfoliating products for example vitamin A acids or fruit acids (AHA / BHA), which stimulate the cell growth in the skin, should be discontinued at least one week prior to treatment.

## Preparation - treatment day

- 2 hours prior to treatment, remove all makeup and clean your skin
- Apply a rich layer of anesthetic cream and re-apply one hour before treatment
- 1 hour prior to treatment take 1 gram of Paracetamol and 400 mg Ibuprofen
- History of herpes/cold sores then start an antiviral tablet, preferably the morning of your treatment day

If your treatment plan includes subcision and genius the same day, then local anesthetic will also be injected in the treatment area, therefore anesthetic cream application is optional.

## The treatment

Prior to treatment, pictures of your skin are taken. These are stored securely in your patient record in accordance with GDPR law Compliance. Images are used to document the development of the skin condition and are a legal requirement.

The treatment can be mild to moderately painful particularly around the perioral and eye area, in these circumstances there will be offered a nerve block, a small injection of anesthetic to the treatment area.

Treatment of the full face takes approx. 30 minutes.

After treatment has been performed, a thin layer of protective barrier cream is applied, which should remain on the skin the rest of the day, until the skin is cleansed in the evening (please see below – Cleansing

instructions).

## Postcare

After treatment, the skin will be pink and slightly swollen for up to five days. The skin may become dry and slightly scaly. You may develop small bumps around the hair follicles (folliculitis) for more information see the below paragraph - Common side effects.

To avoid infection and scar tissue formation, it is important not to pick at the skin.

Cleansing instructions:

- Wash your face twice daily with a mild facial cleanser
- You can take a shower and wash your hair with normal shampoo and conditioner
- Apply a rich moisturising face cream to the treated area, several times daily to keep the area hydrated, if you have sensitive skin then our skin specialists will advise you on skin care during your visit to the clinic
- Active Ingredients (Vitamin A/Retinol/Retinoid and AHA etc.) can be resumed one week after treatment
- Keep your face clean and avoid direct sun exposure for the first 7 days
- Apply sunscreen factor 30+ for at least one month after treatment

You may go back to work immediately after a Genius treatment, but some clients choose to take a few days off, as your skin will be pink and swollen. You may use a small amount of makeup for example mineral powder the first day post treatment.

In the situation that more powerful settings are agreed and used then you may notice prolonged swelling and redness, as well as small needle marks in the skin this can last for up to 8 weeks but will fade and eventually disappear again.

## Side-effects

Genius is considered a very safe treatment with a very low risk of severe side effects and complications.

*Common* side effects can include:

- Pain and discomfort during treatment. Decreases immediately after treatment
- Redness, warmth, and swelling. May increase in the first 24 hours and thereafter decrease. This does not require treatment; however, a mild steroid cream may be used
- Light fluid/bleeding on the skin surface. fades within the first hours. This does not require treatment
- Bruises on the skin from the penetration of the needles. These fades over 10-20 days and does not require treatment
- Dryness, itching and small Bumps/ folliculitis. These decrease during the first 1-2 weeks and do not require treatment, however moisturisers and a mild steroid cream may be useful, contact your doctor if he itching and bumps persist

*Rare* side effects are:

- Infection (bacterial). Increasing warmth, pain, redness, swelling, inflammation, fever which can occur within the first 48 hours prior to treatment, in this situation you should be assessed by a doctor. Treat with antibiotics
- Infection (virus). Outbreaks of painful blisters on the skin should be assessed by a doctor. Treat with antiviral tablets
- Needle marks. Due to the heat released to the skin from the needle tips. These marks will fade gradually within 6-8 weeks

*Very rare* side effects are:

- Pigment changes. Increased pigmentation in the skin after treatment is seen more often in people with dark skin or pigment disorders. May decrease spontaneously or require treatment with cream or laser. Pigment loss can be seen after infection or too aggressive treatment settings. Pigment changes may be permanent
- Scar tissue and loss of volume in the subcutaneous tissue. Most often caused by infection or too aggressive treatment settings. May be permanent or require treatment

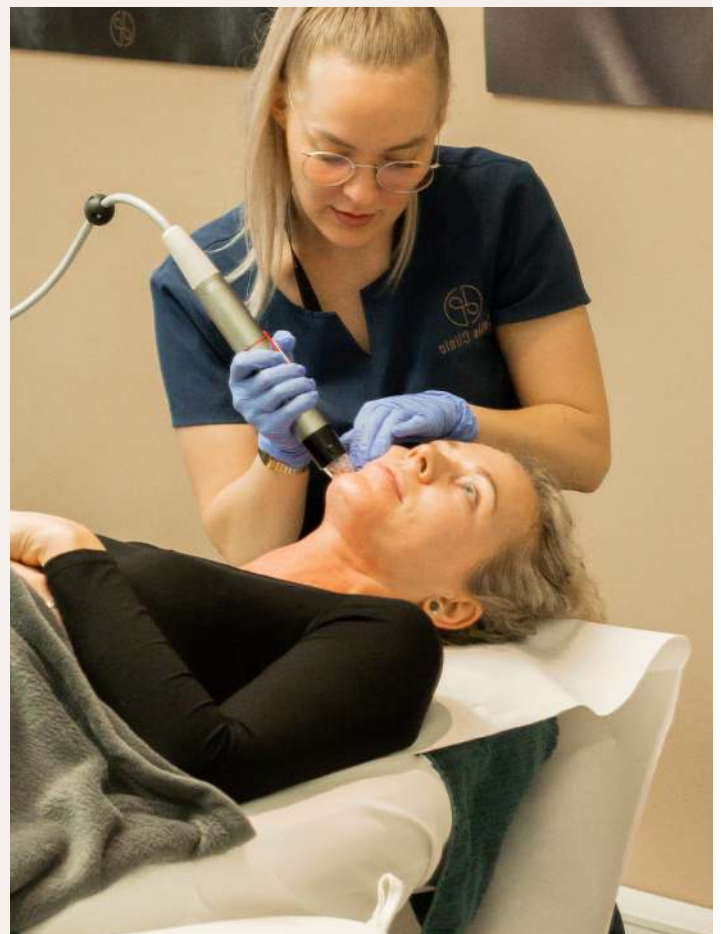
## **The result**

The result from a Genius treatment shows gradually. It may take up to 6 months to see the final result, these results will be assessed after 6 months. The result of any treatment can vary from person to person.

Superficial lines, small scars, and enlarged pores can often improve significantly after only 1-2 treatments, while severe scarring og sagging skin typically requires 3+ treatments.

We recommend that treatments are first repeated after a 2 month interval, there are no maximum requirement for the treatment intervals.

In principle, the treatment result is permanent, but if you wish to maintain a youthful skin, follow-up treatments are necessary, as the skin's aging processes continues.



## Clinics

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## Revision of client guide

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