

Radiofrequency Microneedling

What is radiofrequency microneedling?

Radiofrequency microneedling (RFMN) is a minimally invasive procedure that combines fine needles with radiofrequency (RF) energy to improve skin texture, firmness, and scarring. The device creates controlled micro-injuries while delivering heat to deeper layers of the skin, stimulating collagen and elastin production. Common device names include *Morpheus8*®, *Secret RF*®, *Potenza*®, *Profound*®.

Because the energy is targeted below the skin surface, the visible downtime is usually less than with laser resurfacing, while still producing noticeable improvements over a course of treatments.

What concerns can be addressed by RFMN?

This treatment is used to improve the appearance of acne scarring, fine lines and wrinkles, enlarged pores, uneven texture and areas of crepey or lax skin on the face and body. It can also help soften stretch marks and improve contour and firmness of areas such as the jawline, neck and lower face.

What does the procedure involve?

Before treatment, you will have a consultation to assess your skin, medical history and treatment goals. On the day of the procedure, the skin is cleansed, and a topical anaesthetic cream is applied to improve comfort. The handheld device is then passed across the skin in a systematic pattern. During treatment, you may feel a sensation of pressure, warmth or light prickling. A session typically takes between 30 and 60 minutes, depending on the area being treated. After the procedure, the skin may appear pink or slightly swollen, similar to a mild sunburn, and may feel warm or tight for a few hours.

What are the benefits of the procedure?

Radiofrequency microneedling improves the quality, texture and firmness of the skin by stimulating new collagen and elastin production. Because the radiofrequency energy is delivered beneath the skin's surface, it can tighten and remodel deeper layers without significantly damaging the top layer of skin. This results in smoother skin, softening of acne scarring, and a gradual reduction in fine lines and early skin laxity. The results develop progressively over several weeks and continue to improve with each treatment session. One of the key advantages of radiofrequency microneedling is that it offers visible rejuvenation with minimal downtime, making it suitable for people seeking skin

improvement without the recovery time associated with more aggressive treatments such as ablative laser resurfacing.

What are the risks and potential side effects?

Most side-effects of radiofrequency microneedling are mild and transient, such as redness, swelling, warmth, or a sun-burn-like sensation for one to two days, and tiny pinpoint marks where the needles entered. These effects are expected and typically resolve without intervention. Less commonly, prolonged swelling, bruising, flare of acne or rosacea, or temporary changes in skin colour (hyper- or hypopigmentation) may occur, particularly in individuals with darker skin types. Rarely, serious complications may occur, including burns, scarring, fat loss, disfigurement and nerve damage, in some cases requiring surgical repair or medical intervention..

What alternatives are available?

Other treatments that improve skin texture and stimulate collagen include fractional laser resurfacing, which may achieve more dramatic improvement but usually involves more downtime. Injectable collagen stimulators such as poly-L-lactic acid or calcium hydroxylapatite can help improve volume and skin quality, while hyaluronic acid fillers give immediate contouring. For people who prefer non-injectable options, prescription skincare such as retinoids or procedures like radiofrequency skin tightening or microfocused ultrasound can offer gradual improvement. Your dermatologist will help you choose the most appropriate option for your skin concerns and goals.

What should I expect after the procedure?

After radiofrequency microneedling, the skin usually looks pink or mildly red and may feel warm or tight, similar to a light sunburn, lasting for up to two days. Some people notice very small marks or roughness where the needles entered the skin, which flake away as the skin heals. Mild swelling or a feeling of tightness can occur, particularly around the eyes or jawline, and may persist for a short time. Makeup should generally be avoided for the first 24 hours. Over the following days, the skin may feel slightly dry before returning to normal. Improvements in skin texture and firmness develop gradually as new collagen forms, and results continue to improve over several weeks and with subsequent treatments.

How many treatments will I need?

Most people require a course of treatments to achieve optimal results. Typically, two to three sessions are recommended, spaced four to six weeks apart, although some individuals with more established scarring or skin laxity may benefit from additional sessions. Because radiofrequency microneedling stimulates the body's own collagen production, improvements continue gradually over the following months. Your dermatologist will tailor the number of treatments to your skin concerns and goals.

Who should not have this procedure?

Radiofrequency microneedling is not suitable if you are pregnant or breastfeeding, have an active skin infection, inflammatory skin condition or open wounds in the treatment area. People with a history of keloid or hypertrophic scarring may be advised to avoid this treatment. A medical assessment is required if you have implanted metal devices or a pacemaker, as these may interfere with radiofrequency energy. Your dermatologist will advise whether the procedure is safe and appropriate for you.

Who can perform this procedure?

Radiofrequency microneedling should only be carried out by consultant dermatologists or other appropriately trained medical professionals in a regulated clinical setting. Importantly, severe risks and complications may occur when these powerful devices are used by untrained individuals.

Will I need a consultation?

Yes. A face-to-face consultation is essential to assess your skin type, goals, and medical history, and to explain the risks, benefits, downtime, and aftercare. You should have time to ask questions and consider whether this treatment is right for you. Photographs are usually taken for comparison before and after treatment.

Where can I get more information?

You can find more information from:

- The British Cosmetic Dermatology Group (BCDG)
- The British Medical Laser Association
- The Joint Council for Cosmetic Practitioners (JCCP)
- NHS guidance on cosmetic procedures

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