Dermatology & Plastic Surgery SPECIALISTS

EXILIS

BEFORE YOUR TREATMENT

- Avoid sun exposure, tanning beds and self-tanner for at least **24–48 hours** prior to treatment.
- Do not apply lotions, oils, creams or makeup to the treatment area on the day of your appointment.
- Wear loose, comfortable clothing.
- Stay well hydrated.
- Inform your provider of all medications, supplements, allergies or medical conditions.
- Alert your provider if you have any metal implants, electronic devices (such as a pacemaker), neuromuscular or autoimmune disorders, or if you are pregnant or breastfeeding.

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AFTER YOUR TREATMENT

- You may experience mild redness, warmth or slight swelling, which typically resolves within a few hours.
- There is no downtime. You may return to normal activities immediately.
- Keep the treated area clean and moisturized with a gentle, hydrating product.
- Avoid hot showers, saunas, hot tubs and strenuous exercise for **24 hours**.
- Avoid direct sun exposure for at least **24–48 hours** and use a broad-spectrum sunscreen (SPF 30 or higher) daily.
- Maintain a healthy lifestyle, hydration and skincare routine to optimize and prolong your results.
- Contact us if you experience persistent redness, swelling, increased pain or any concerns.