



## **Exilis Elite Pre & Post Treatment Instructions**

### **Pre-Treatment Instructions:**

Exilis is contraindicated in patients with metal implants as well as any active implanted device. Exilis is also contraindicated for women who are pregnant or lactating. Please be sure to share your complete medical history with us so we can make sure Exilis is right for you.

Please wear comfortable clothing on the day of your treatment so we can gain access to your back for easy placement of the grounding electrode as well as the treatment area.

No makeup, creams, or lotions on skin; no jewelry. Area on skin treated should be hair free.

For optimal results, please arrive at your appointment well hydrated. Ideally, you should hydrate the day before, the day of and day after your treatment as this will result in a more efficacious treatment. Additionally, we recommend light physical activity after treatment to help with lymphatic flow.

### **Post-Treatment Instructions:**

You may experience erythema (redness) that will last from a few minutes to an hour or possibly longer.

Your skin may feel warm immediately after the treatment, but this will dissipate quickly.

If you had your lower face or chin treated, you may have some tenderness in the area for a few hours or a day after treatment.

Treatment of the eyes may yield some swelling and patients are encouraged to sleep on two pillows for 24-48 hours after the treatment.

Please stay well hydrated 24-48 hours after your treatment.

Avoid direct sun exposure and apply sun block SPF 30 + daily following treatment.