

XERF PRE-TREATMENT

Hydration

- Drink at least 64 oz of water daily in the 24–48 hours leading up to your appointment.
- Well-hydrated skin responds better to radiofrequency energy and improves your overall comfort during treatment.

Sun Exposure & Tanning

- Avoid direct sun exposure and tanning beds for at least 2 weeks before treatment.
- Tanned or sunburned skin is drier and more sensitive, which may increase discomfort and reduce treatment effectiveness. We can still treat you – just know that recently tanned skin may be more sensitive and results can vary.
- Use a broad-spectrum SPF 30+ sunscreen daily on all areas to be treated.
- This is non-negotiable in the weeks leading up to your appointment and should remain a daily habit year-round.

Skincare – What to Pause Before Your Appointment

- Discontinue retinoids (Retin-A, tretinoin) 5–7 days before treatment.
- Exception: If you have been on a retinoid for an extended period and your skin is intact with no flaking or sensitivity, you may continue use. When in doubt, ask your provider.
- Stop glycolic acid, salicylic acid, and all other exfoliating products 5–7 days before treatment.

Day of Treatment

- Arrive with a completely clean face – no makeup, lotions, deodorant, or oils on the treatment area.
- If you arrive with product on the skin, your provider will need to cleanse the area fully before treatment can begin.
- Hair-bearing areas should be shaved 1–2 days before treatment.
- Shaving the same day is perfectly fine if needed. This helps the device make proper contact with the skin.

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Medical & Safety Information

- Inform your provider of any metal implants, pacemakers, or defibrillators before treatment.
- Radiofrequency energy is contraindicated with certain implanted devices. Please disclose this information at or before your appointment.
- If you have a history of cold sores (oral or facial herpes), please notify your provider.
- Antiviral medication may be prescribed as a precaution prior to treatment in the facial area.

Reminder

- These instructions are designed to protect your skin and maximize your results. The more prepared you are before your appointment, the better your experience will be. We can't wait to see you!