

## XERF POST-TREATMENT

Your treatment is complete – here is how to take care of your skin. Following these instructions will help your skin heal properly, support the treatment process, and ensure the best possible results. If you experience anything unexpected, please reach out to your Aurora provider.

### **What to Expect After Treatment**

- Mild redness (erythema) and swelling (edema) are normal and expected immediately after treatment. These reactions can persist for up to 1–3 days. This is a healthy response – your skin is working. Do not be alarmed.
- Increased redness may occur with any activity that raises your body temperature or blood flow. This is temporary. Allow your skin time to settle before engaging in activities that heat the body.

### **Important – What to Avoid**

- Do not apply ice packs or cooling devices to the treatment area after your session. Inflammation is a natural and necessary part of the healing and tightening process. Cooling the area will work against your results. Let your body do its job.
- Avoid skincare products containing alcohol for up to 1 week following treatment. Alcohol-based products can be irritating to treated skin. Check the ingredient label on any toners, mists, or serums before applying.

### **Skincare After Treatment**

- You may resume your normal skincare routine on the same day as treatment. Keep it gentle for the first 24–48 hours. Stick to hydrating and soothing products if your skin feels sensitive.
- Avoid any products containing alcohol for up to 1 week after treatment. This includes toners, astringents, and certain serums. Check ingredient labels before applying anything new.

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### **Activity & Exercise**

- Sauna and exercise are permitted within the first 24 hours after treatment. However, any activity that increases your body temperature will likely intensify redness and swelling temporarily. This is not harmful – just be prepared for more visible skin reaction and allow extra time to cool down and recover.

### **You are on your way to tighter, firmer skin!**

The work is done – now let your skin do the rest. Results from radiofrequency treatment build gradually as collagen production increases over the coming weeks. Be patient, stay consistent with your skincare, and reach out to your Aurora provider if you have any concerns.