

XERF Treatment Aftercare Instructions

Thank you for choosing us for your XERF treatment. Proper aftercare is essential to support safe healing and optimize your results. Please follow these instructions carefully:

What to Expect:

- Mild to moderate redness, warmth, or sensitivity immediately after treatment.
- Skin may feel tight, slightly swollen or tender in the treated area for the first few days.
- Temporary swelling or a sensation of heat may persist for several hours to a few days.
- Gradual improvement in skin firmness, texture, and overall appearance develops over the following weeks as your skin responds to treatment.

Before Your Xerf Treatment:

- Avoid excessive sun exposure, tanning, or self tanners for at least 1 week.
- Avoid aggressive exfoliation, waxing, or other irritating services on the area(s) to be treated for 5 days prior to your appointment.
- Discontinue retinols, AHAs, BHAs, and other exfoliating/active skincare for 5 days before treatment.
- Avoid injectables, lasers, and any other energy-based procedures in the same area for 2 weeks prior.
- **The day before your treatment it is beneficial to drink lots of water to be very well hydrated and maximize your results.**
- Inform your provider about any medications, supplements, recent cosmetic procedures, skin conditions, or changes in your health beforehand.

Immediately After Treatment:

- Your skin may appear pink or flushed and feel warm or tight.
- Do not rub, massage, or apply pressure to the treated area.
- Use only the skincare products recommended by your provider.
- It is best to avoid makeup for 24 hours after treatment.
- Keep the treated area clean and moisturized.

First 24 Hours:

- Use a gentle cleanser such as the Shim Ching MD Recovery Gel Cleanser and fragrance-free moisturizer, like the Shim Ching MD Hydra Repair Cream as needed.
- Apply broad-spectrum SPF 30+ every morning and minimize direct sun exposure.
- Avoid excessive heat, sweating, and activities that cause significant flushing.
- Avoid hot showers, saunas, steam rooms, hot tubs, and strenuous exercise.
- Do not exfoliate or use potentially irritating skincare ingredients such as retinol, AHAs, BHAs, or other strong active products.

Ongoing Care (Days 2-14):

- Mild redness, sensitivity, or swelling may gradually resolve during this period
- Continue using the Hydra Repair Cream, a minimum of 2 times a day.
- Avoid excessive sun exposure and consistently use broad-spectrum SPF 30+
- Do not pick, scratch, or aggressively massage the treated area.
- Resume active skincare products gradually and only when your skin has returned to its normal comfort level or as directed by your provider.
- Stay well hydrated and maintain a consistent, gentle skincare routine.
- Follow any additional treatment-specific instructions provided by your clinician.

Contact Your Provider If:

- You experience severe or worsening pain, blistering, significant swelling, unusual skin discoloration, or other unexpected symptoms.
- You have concerns about your healing or are unsure whether a reaction is normal.

Additional Tips:

- Consider using collagen-boosting skincare products (consult your provider) & Maintain a healthy lifestyle (hydration, good nutrition, sun protection) to enhance and prolong your results.

If you have any questions or experience any unusual symptoms, please contact us at 808.585.8855. Thank you for trusting us with your care!