

XERF™ RF

Pre-Treatment Instructions

- To maximize the effectiveness of your treatment and minimize discomfort, aim to drink 64 ounces of water per day for 24–48 hours before your appointment.
- Discontinue use of retinoids (Retin-A, tretinoin), glycolic and salicylic acids, and other exfoliants at least 5–7 days before treatment.
- Avoid sun exposure and tanning (including tanning beds and self-tanners) for at least 2–4 weeks prior to treatment.
- Apply a broad-spectrum SPF 30+ sunscreen daily to the areas to be treated.
- Avoid chemical peels, microdermabrasion, or waxing in treatment area for 1–2 weeks.
- Limit alcohol and caffeine intake before your treatment.
- Any areas with facial hair or other body hair within the treatment area should be shaved prior to your treatment.
- Do not apply makeup, lotions, deodorant, or oil to the treatment area on the day of treatment.
- If you have a history of cold sores, antiviral medication may be prescribed.
- Inform your provider of any metal implants, including dental hardware, pacemakers, or defibrillators.

Please Note

- If you have had Botox®/Dysport® or dermal filler, you must wait 4 weeks before XERF™ treatment.
- After your XERF™ treatment, you may have same-day Fraxel, dermal filler, and/or injectables such as Botox®/Dysport®.

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Post-Treatment Instructions

- Mild erythema (redness) and edema (swelling) may appear immediately after treatment and can persist for up to three days.
- Do not use a cooling or ice pack in the treatment area post-treatment.
- A gentle, non-occlusive moisturizer can be applied to soothe the treated area. Continue to moisturize daily.
- Wait at least 24 hours before doing vigorous exercise.
- Avoid using cosmetics containing alcohol for at least one week after treatment.
- To minimize the risk of hyperpigmentation, avoid sun exposure. Apply a broad-spectrum sunscreen with SPF 50 or higher daily throughout the treatment series.
- Contact your treatment provider with any questions or concerns.