



YOUTHFUL YOU

AESTHETICS & ACADEMY®

EXION® FRACTIONAL RF

Post-Treatment Guidelines

Skin Care:

- Use a gentle cleanser and soothing moisturizer. Avoid active ingredients (retinol, acids, or exfoliants) for at least 5-7 days.
- Do not touch or pick at the treated area to avoid irritation or infection.

Sun Protection:

- Apply broad-spectrum SPF 30+ daily. Avoid direct sun exposure and tanning beds for at least 2 weeks.

Avoid Heat and Sweat:

- Avoid hot showers, saunas, and intense exercise for 48-72 hours post-treatment.

Hydration:

- Drink plenty of water to support skin recovery and collagen production.

Makeup:

- Avoid makeup for at least 24-48 hours post-treatment to reduce the risk of irritation.

Healing Process:

- Avoid other facial treatments for 2 weeks or as directed by your provider.

Disclaimer: These instructions are provided to ensure optimal treatment results and reduce the risk of complications. **Failure to follow the guidelines may result in undesirable outcomes.**

What to Expect

Immediately After:

- Redness, warmth, and mild swelling are common and typically resolve within 1-3 days.
- A sunburn-like sensation may occur but should subside quickly.

Healing Phase:

- Skin may feel slightly rough or develop micro-crusting for a few days, which is a normal part of the healing process. Do not pick or scrub the area.

Visible Improvements:

- Initial improvements in texture, tone, and fine lines can be seen within a few days.
- Full results develop over 4-6 weeks as collagen and elastin production increase.

Minimal Downtime:

- Most clients can return to normal activities within a day or two, with only mild skin sensitivity.

