



YOUTHFUL YOU

AESTHETICS & ACADEMY®

EXION® FACE

Post-Treatment Guidelines

Skin Care:

- Use a gentle cleanser and apply a hydrating moisturizer to soothe the skin.
- Avoid active ingredients such as retinol, acids, or exfoliants for at least 5-7 days post-treatment.

Sun Protection:

- Apply broad-spectrum sunscreen (SPF 30 or higher) daily. Avoid direct sun exposure and tanning beds for at least 2 weeks.

Hydration:

- Continue drinking plenty of water to maintain skin hydration and enhance treatment effects.

Avoid Heat and Sweat:

- Refrain from hot showers, saunas, and strenuous physical activity for 24-48 hours.

Makeup:

- Avoid makeup application for at least 12-24 hours to minimize irritation.

Healing Process:

- Do not pick, scrub, or touch the treated area unnecessarily. Allow any redness or sensitivity to resolve naturally.

Delay Other Treatments:

- Wait at least 1-2 weeks before scheduling additional skincare or cosmetic procedures.

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:

- Mild redness, warmth, or slight swelling in the treated area, which typically subsides within a few hours to a day.
- The skin may feel plumper and more hydrated due to the infusion of hyaluronic acid.

Short-Term Results:

- Enhanced hydration, smoother texture, and an immediate radiant glow.

Long-Term Improvements:

- Ongoing improvements in skin texture, elasticity, and tone as collagen production is stimulated over 4-6 weeks.

Minimal Downtime:

- Exion HA is a non-invasive treatment with little to no downtime, allowing you to resume daily activities immediately.

