



YOUTHFUL YOU

A E S T H E T I C S & A C A D E M Y ®

EXION® CLEAR RF

Pre-Treatment Guidelines

Skin Preparation:

- Arrive with clean, makeup-free skin. Avoid using lotions, oils, or skincare products on the treatment area.
- Discontinue the use of retinol, retinoids, and active ingredients like AHAs, BHAs, and Vitamin C at least 48 hours prior.

Sun Exposure:

- Avoid excessive sun exposure, tanning beds, and self-tanners for at least 7 days before treatment.
- Do not arrive with a sunburn on the treatment area.

Hydration:

- Stay well-hydrated in the days leading up to your appointment, as hydrated skin responds better to RF treatments.

Medical History:

- Notify your provider if you have a pacemaker, metal implants, or any other medical devices in the treatment area.
- Inform your provider if you are pregnant, breastfeeding, or have any medical conditions that could contraindicate treatment.

Skincare Treatments:

- Avoid aggressive skincare treatments (e.g., peels, laser treatments, or microneedling) for at least 2 weeks before your session.

Medications:

- Avoid blood-thinning medications (e.g., aspirin or ibuprofen) for 48 hours unless medically necessary. Consult with your healthcare provider first.

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.**