



YOUTHFUL YOU

AESTHETICS & ACADEMY®

EXION® FACE

Pre-Treatment Guidelines

Skin Preparation:

- Cleanse the treatment area and arrive with makeup-free skin. Avoid lotions, oils, or heavy skincare products before your appointment.
- Discontinue the use of retinol, retinoids, and active ingredients (e.g., AHAs, BHAs, Vitamin C) at least 3-5 days before treatment.

Sun Exposure:

- Avoid excessive sun exposure, tanning beds, and self-tanners for at least 7 days prior. Do not arrive with a sunburn or irritated skin.

Hydration:

- Drink plenty of water in the days leading up to your appointment to support skin hydration and optimize results.

Skincare Treatments:

- Refrain from aggressive treatments such as chemical peels, microneedling, or lasers for at least 2 weeks prior to treatment.

Medical History:

- Inform your provider if you have any metal implants, pacemakers, or other medical devices in the treatment area.
- Notify your provider if you are pregnant, breastfeeding, or have any medical conditions or skin sensitivities.

Medications:

- Avoid blood-thinning medications (e.g., aspirin or ibuprofen) 48 hours prior unless otherwise directed by your doctor.

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.**