



YOUTHFUL YOU

AESTHETICS & ACADEMY®

EXION® FRACTIONAL RF

Pre-Treatment Guidelines

Skin Preparation:

- Arrive with clean, makeup-free skin. Avoid applying lotions, oils, or skincare products on the treatment area.
- Stop using retinol, retinoids, AHAs, BHAs, and other active ingredients at least 5 days before treatment.

Sun Exposure:

- Avoid direct sun exposure, tanning beds, or self-tanners for at least 10 days prior.
- Do not arrive with a sunburn or irritated skin on the treatment area.

Hydration:

- Drink plenty of water in the days leading up to your appointment to ensure your skin is hydrated.

Medical History:

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

Skincare Treatments:

- Avoid aggressive skincare treatments, such as chemical peels, microneedling, or lasers, for at least 2 weeks before treatment.

Medications:

- Avoid taking blood-thinning medications (e.g., aspirin or ibuprofen) 48 hours before treatment unless medically necessary.
- If you are on any topical or oral acne medications (e.g., isotretinoin), discuss this with 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.**