



Exilis Pre & Post Treatment Considerations

Exilis is **contraindicated** in patients with pacemakers, metal implants or active implanted device. Exilis is also contraindicated for women who are pregnant or lactating. Please be sure to share your complete medical history with us so we can make sure Exilis is right for you.

Please wear comfortable clothing on the day of your treatment so we can gain access to your back/buttocks/thighs for easy placement of the ground electrode as well as the treatment area.

No make-up, creams or lotions on skin; no jewelry. Skin should be hair free.

Drink 64 ounces of water or other **non-caffeinated** fluids per day the day prior to your treatment, the day of your treatment, and the day after each treatment session.

If you have not had adequate fluid intake and/or you have consumed significant amounts of alcohol the night prior to your treatment, it is best to reschedule your session. Radio frequency is just not as effective in dehydrated tissue, which negates some of the effect of the treatment.

After your treatment, it is advisable to do some form of moderate exercise for 30 to 45 minutes to improve blood flow and lymphatic drainage to the treated area.

Treatment with the small applicator (face/neck/eyes):

- You may experience transient erythema (redness) that will last from a few minutes to an hour or possibly longer.
- Your skin may feel warm immediately after the treatment, but this will dissipate quickly.
- If you had your lower face or chin treated, you may have some tenderness in the area for a few hours or a day after.
- Treatment of the eyes may yield some swelling and patients are encouraged to sleep on two pillows for 24-48 hours after treatment.

Treatment with the large applicator (body area):

- You may experience transient erythema (redness) that will last from a few minutes to an hour or possibly longer.
- Your skin may feel quite warm for up to a few hours after treatment as deep tissue retains heat longer.
- You may feel tenderness in the treated area.