



Exilis

Pre and Post Treatment Instructions

Thank you for choosing TLC Laser & Skincare for your Exilis treatments. By carefully following these instructions you will help achieve the best results possible.

You are scheduled for a series of non-invasive treatments with the Exilis Medical Device. This is a non-contact radiofrequency (RF) device that delivers high energy in a controlled fashion to the dermal and subcutaneous layers of the skin. The tissue selected is heated just enough to allow for cell breakdown, transforming them into waste which to body begins to naturally flush away and eliminate through the lymphatic system. Collagen is also targeted with this RF device and will result in collagen remodeling and skin tightening.

The number of treatments will vary based on your goals and how your body responds to the treatment. Results will vary from person to person. You may see results immediately after your first treatment you can expect to see improvements up to 3 months after your final treatment. It is essential that your sessions be repeated at 7-14 DAY INTERVALS for 4 to 6 sessions, depending on your treatment needs. In order to see significant results. During treatment you will feel a warming sensation, with the intensity varying from moderate to intense sensation. Let your provider know if at any point you are uncomfortable and find the sensation painful.

There is NO DOWN TIME associated with your treatments. Other than a brief period of redness and minor swelling you can get back to your daily routine almost immediately.

Exilis is NOT A LASER. There is no skin peeling, pigment change or prolonged healing associated with its use. The RF energy heats the undersurface of the skin causing collagen remodeling.

There is NO PAIN associated with your treatment, only a moderate to intense sensation of heat which tells you that the treatment is achieving its goal. There is NO ANESTHETIC required with Exilis treatments.

Patients with a pacemaker, metal implants or who are pregnant or nursing may NOT undergo RF treatments.

PRE TREATMENT CONSIDERATIONS

- BTL Exilis System is contraindicated in patients with:
 - If you have active implants such as a pacemaker, cardio converter, cochlear implant or other metal implants, you are not a candidate for Exilis Elite treatments. If you had one of these devices in the past, but it has since been removed, it is important to let your treatment provider know.
 - women who are pregnant or lactating.
 - IUD (copper)
 - Isotretinoin
 - Varicose Veins
- Please be sure to share your complete medical and cosmetic history with us so we can make sure BTL Exilis System 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.
- Do not wear microbicidal clothes such as Lululemon that contain copper or other metals. Also, avoid underwire bras and clothing such as jeans that have zippers, buttons or belts.
- No make-up, creams, or lotions on skin.
- No jewelry.
- Skin should be free from hair (men undergoing facial treatments must shave the morning of the session).
- Please arrive at your appointment well hydrated. Ideally, you should hydrate the day before, the day of and the day after your treatment as this will result in a more comfortable and efficacious treatment.
- You may continue all medications, supplements and vitamins during your treatment period.
- Sun exposure DOES NOT affect the results of your Exilis treatment so you may be tan when you have the treatment and you may tan following any treatment session, but this is not encouraged as UV light breaks down collagen. The Exilis device may be used safely on any skin type or color.
- **HYDRATION IS THE KEY TO YOUR SUCCESS WITH TREATMENT**
 - The more hydrated you are the better your results will be. FDA recommendations for water consumption in adults is 32-64 ounces per day. Certain beverages can have an opposite and diuretic effect. Caffeinated beverages such as soda, coffee and tea may deplete fluids in your body and should be avoided 48 hours in advance of your appointment.

POST TREATMENT CONSIDERATIONS

- 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 (face treatment) or may last for a few hours as deep tissue retains heat longer (body treatment).
- Increased sensitivity to heat (very hot shower) may last for 24 – 48 hours after the treatment.
- You may have some tenderness in the area for a few hours or a day after.
- Treatment around the eyes may yield some swelling and you are encouraged to sleep on two pillows for 24 to 48 hours after the treatment.
- If the treatment area is on your body (not face), stay well hydrated for 4 days after the treatment for better results. Additionally, we encourage light physical activity after treatment to help with lymphatic flow.
- It is highly recommended to keep treated skin protected by proper SPF lotion and to avoid excessive heat exposure (sauna, laser or pulse light treatment, etc.)

If you have any questions or concerns after your treatment, please contact us at **262-569-7335** or after hour emergencies email at **info@tlclaserandskincare.com**

For optimal results it is recommended you use our medical grade skincare.

Patients receive 20% post care products at time of treatment.

These products have been developed to maximize new collagen production and treatment results.