

Pre-Treatment Instructions

What To Expect: Your treatment provider will begin by ensuring the treatment area(s) are clean; free of make-up and metal jewelry. Everesse uses single pulse non-invasive monopolar radiofrequency to stimulate collagen generation in the deeper layers of your skin. This device uses continuous water cooling to provide comfort throughout the entire treatment. During your treatment, you will first experience a cool sensation on the surface of your skin. This gradually transitions into a deeper heat sensation that feels hot but tolerable. There's no downtime afterwards, but you may experience some redness or swelling in the treated area, which is normal. You may see a lifting and tightening effect in the targeted areas immediately after your treatment. However, because collagen generation takes place overtime, you will continue to see results improve with time - typically up to six months after the treatment.

STOP Prior To Your Appointment

5-6 months	3 Weeks	7 Days	Day Of
Acutane Isotretinoin	Sun Exposure Spray Tans Tox and Filler Injections Pre-treatment with a melanin inhibitor is suggested for patients prone to Post Inflammatory Hyperpigmentation (may continue post treatment if needed)	Skincare with Retinoids, AHAs/BHAs NSAIDS (Aspirin, Ibuprofen, Excedrin, Aleve, Naproxen, etc.) Herbal Supplements Blood Thinners* *Consult prescribing physician for guidance on stopping any meds	Arrive to your appointment with treatment area shaved, clean, and make-up free Avoid Alcohol and Smoking

- Arrive to your appointment with treatment areas shaved, clean, free of make-up, oils, perfume, and jewelry.
- There is no expected downtime; you can return to work after treatment.
- Avoid retinoids, AHAs/BHAs, or exfoliating products for 72 hours after treatment.
- Avoid rigorous exercise activities, extensive sun or heat exposure, smoking, and alcoholic beverages for 24 hours after your Everesse treatment.
- **Please reschedule your appointment if a sunburn, rash, or open sore/wound develops in treatment area.**

Post-Treatment Instructions

- **Do NOT** vigorously rub or massage the treated areas for 24 hours after your Everesse treatment.
- **Do NOT** use retinoids, AHAs/BHAs, or any exfoliating products for 72 hours after your Everesse treatment.
- **Do NOT** engage in rigorous exercise activities, extensive sun or heat exposure, smoking, and alcoholic beverages for 24 hours after your Everesse treatment.
- **Do NOT** apply heavy makeup products until redness subsides.
- **USE** a broad-spectrum sun protection (at least 30 SPF).
- **USE** mild cleansers, and hydrating non-comedogenic moisturizers, or products recommended by your treatment provider.
- **You MAY** apply cold compresses or take acetaminophen (Tylenol) to reduce swelling and/or discomfort.

Additional Instructions: _____

Patient Signature _____ **Date:** _____