



## **Exilis Treatment Considerations**

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### **Pre-Treatment Considerations**

- Exilis is contraindicated in patients with metal implants as well as any 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.
- If the treatment area is on your body (instead of face), 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.

### **Post-Treatment Considerations**

#### **Treatment with the Small Applicator**

- 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 after treatment.

#### **Treatment with the Large Applicator**

- 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.
- We recommend light physical activity after treatment to help with lymphatic flow.

#### **Additional Reminders:**

- Most patients require 8 treatments, administered 7-10 days apart, to achieve desired results. Clinical results will vary per patient.
- Results can also be enhanced by good dietary habits.

**Please do not hesitate to contact us with questions or concerns.**

