



XERF RF Pre & Post Treatment Instructions

Compliance with the recommended pre / post care instructions as well as recommended follow-up visits are crucial for the success of your treatment and to prevent unnecessary side effects or complications. It is your responsibility to inform your provider of any changes in medical history, medications, and most recent sun exposure before each treatment is performed.

Recommended Skincare:

Pairing XERF with the right at-home routine supports hydration and the collagen-remodeling process.

Hyaluronic Acid Serums

Alastin HA Immerse • SkinMedica HA5 Hydra Collagen • SkinCeuticals HA Intensifier Multi-Glycan

Provides deep, long-lasting hydration to help plump and smooth the skin, improve suppleness, and soften the appearance of fine lines.

Alastin Restorative Skin Complex with TriHex+

Helps visibly improve the appearance of collagen- and elastin- depleted skin.

Improves long-lasting hydration, elasticity, and the appearance of fine lines and wrinkles.

Physical Sunscreen

At least SPF 50 (Apply daily throughout your treatment series to protect from sun exposure and minimize the risk of hyperpigmentation.)

Pre-Treatment:

- Hydration is important with any RF treatment. **Stay hydrated by drinking plenty of water in the 72 hours leading up to your appointment to maximize treatment effectiveness. A minimum of 64 oz. per day is recommended.**
- Decrease alcohol and coffee intake 24 hours prior to treatment.
- Arrive for treatment with clean skin. No make-up, lotions, perfume, powder, bath/shower oil is allowed on the area to be treated.
- Remove all jewelry that is close to the treatment area (earrings, necklaces, piercings).
- Discontinue the use of any topical products that may be drying or irritating (e.g., AHAs, BHAs, retinoids, glycolic/salicylic acids) 5–7 days prior to treatment.
- Avoid unprotected sun exposure, tanning, or self-tanners for at least 2 weeks prior to your procedure.
- Avoid other aesthetic procedures and cosmetic injections in the area(s) to be treated for 2 weeks before and after.
- Inform your provider of any metal implants, pacemakers, or defibrillators prior to treatment, as these are contraindications to XERF.
- If you are prone to cold sores, it is recommended to take antiviral medication prior to treatment. Notify your provider at least one week before your appointment.
- Avoid chemical peels, microdermabrasion, or waxing in the treatment area for 1–2 weeks before your session.



- If the treatment area is hair-bearing, shave the area approximately 24 hours prior to appointment.
- You may not be treated if pregnant or lactating.

Post-Treatment:

- Do not use a cooling or ice pack in the treatment area post treatment.
- Keep skin moisturized. Moisturize daily.
- Avoid using cosmetics or skincare products containing alcohol for at least 1 week after treatment.
- Avoid drying or irritating facial products including Retinol and acids (Salicylic, Glycolic, etc.) for 1 week after the procedure.
- Avoid All Direct & Indirect Sun Exposure. Apply a broad-spectrum sunscreen with SPF 50 or higher at all times throughout your treatment series. Reapply every 2 hours when outdoors. Wear a hat, umbrella, or other protection when spending time outdoors.

Multiple treatments over a period of several months may be required to achieve the desired results. Final results can be seen 90 days after the last treatment.

Treatments should be scheduled 4–6 weeks apart.

***Please note the extreme importance of our patients strictly following the pre and post care instructions above. These instructions are vital to helping you to achieve optimal results of this procedure, and most importantly to prevent and reduce the risk of potential complications.**