La Jolla Cosmetic Medical Spa
est. 2013

XERF Pre & Post Instructions

Preparing for your treatment:

- Avoid exposure to the sun and tanning (including tanning bed and self-tanners) for at least 2-4 weeks prior to treatment.
- Use a broad-spectrum SPF 30+ daily on areas to be treated.
- Discontinue use of retinoids (Retin-A, tretinoin), glycolic/salicylic acids, and other exfoliants at least 5-7 days before treatment.
- Avoid chemical peels, microdermabrasion, or waxing in the treatment area for 1-2 weeks before the session.
- To maximize the effectiveness of your treatment, make sure to drink plenty of water in the 24–48 hours leading up to your appointment.
- Inform your provider of any metal implants, pacemakers, or defibrillators.
- Antiviral medication may be prescribed if you have a history of cold sores.
- It is recommended that hair-bearing areas within the treatment area are shaved about 1-2 days prior to treatment.
- No makeup, lotions, deodorant, or oil is allowed on the area to be treated on the day of treatment.
- Remove any wearable technology included but not limited to: apple watch, oura ring, etc.

Post Treatment Care:

- Mild erythema (redness) and edema (swelling) may appear immediately following treatment and can persist for up to 1-3 days.
- Do not use a cooling or ice pack in the treatment area post treatment.
- A non-occlusive topical product, such as a gentle moisturizer can be applied to soothe the treated area. Moisturize daily.
- Increased redness may result from any activity that increases blood flow or body temperature.

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- Avoid using cosmetics containing alcohol for at least 1 week after treatment.
- To minimize the risk of hyperpigmentation, avoid sun exposure. Apply a broad-spectrum sunscreen with SPF 50 or higher at all times throughout the treatment series.
- Contact your treatment provider with any questions or concerns.