



Tel (281) 332-9682 Fax (281)332-5957 www.ClearLakeDerm.com

PRE & POST CARE FOR EXION

WHAT IS EXION RADIOFREQUENCY(RF) MICRONEEDLING?

Exion is used to treat the appearance of fine lines, wrinkles, skin laxity, acne/surgical scars, and for overall improvements in skin texture. The treatment creates pinpoint micro-injuries in the skin followed by radiofrequency stimulation, which encourages the production of new collagen, elastin, and hyaluronic acid over time.

Exion is most often performed as a series of 4 treatments, scheduled 4 weeks apart. Your provider can help you determine how many are necessary to achieve your specific goals. Most patients find Exion to be well-tolerated. Downtime can vary from 2-5 days, depending on the settings and area being treated. Body areas can take up to 14 days to heal with pixelated dots that can occasionally linger for longer periods of time. Immediately post procedure there will be temporary redness, mild swelling, and a sunburned sensation, which gradually subsides. Towards the end of the recovery window there will be dryness and light skin flaking. By 1-2 months after your last treatment, you should start seeing improvements in fine lines, wrinkles, and scarring.

HOW TO PREPARE FOR YOUR TREATMENT

- Avoid active and/or medicated products for 2 days prior to treatment. These include retinoids, tretinoin, glycolics, salicylic acids, lactic acids, hydroquinone products (which is the active ingredient in many brightening products), dapsone, acne products, or precancer treatments as directed by your provider.
- Please inform your provider if you have a history of herpes simplex or cold sores as we may provide an antiviral at time of appointment to prevent a breakout. Exion treatments can increase the likelihood of a breakout.
- Be well hydrated.
- If you are currently taking blood thinners, you may experience bruising. If approved by your doctor, please stop one week in advance of the procedure.
- Come to your appointment without makeup if possible. We can also provide cleanser at time of appointment.
- If possible, please bring a large brimmed hat to protect your skin directly after the treatment.
- Your appointment has prep time including ≈40 minutes of numbing cream, so we suggest bringing a book, computer or other entertainment to pass the time.

- Pronox (laughing gas) is also available for an additional fee for comfort.
- The procedure itself takes 45-60 minutes.

HOW TO PREPARE FOR YOUR TREATMENT

- Depending on your skin tone or the amount of sun damage/freckling, you will be encouraged to begin a provider recommended skin regimen prior to your first treatment to achieve your best results. Your provider will give you detailed instructions.
- Avoid medicated and or active products for 3-5 days before treatment. These include retinoids, tretinoin, glycolics, salicylic acids, lactic acids, hydroquinone products, dapsone, acne products, or precancer treatments as directed by your provider.
- Avoid direct exposure to the sun. For several weeks before and after your treatment an SPF of 30 or greater should be used when exposed to the sun. Tanned skin may increase the risk of complications or make the treatment less effective. Self Tanners, sunburns or suntanned skin should also be avoided.

WHAT TO EXPECT AND HOW TO CARE FOR YOUR SKIN AFTER TREATMENT

Typically, there is redness, mild swelling, and a sunburn sensation directly after the procedure and patients resume most activities as normal, with some special care for the treated skin.

- Stay well hydrated.
- Avoid touching the treated area and do not apply anything to the skin (unless directed) for 24 hours. This includes sunscreen and makeup. Use clean pillowcases for sleeping.
- Avoid direct sun exposure to the treatment area for 2 days.
- Avoid hot tubs, saunas, and swimming pools for a few days after treatment.
- After 24 hours, gentle cleanser, moisturizer, sunscreen, and makeup may be used. Be sure fingertips, brushes, and applicators used are clean.
- Light activity and showers can resume 24 hours post-procedure.
- Actual healing time will vary depending both on the settings and overlapping passes prescribed. Healing can take longer for areas with slower blood circulation such as the neck, décolleté, arms, hands, legs, abdomen and back.
- Skin tightness from mild swelling, sensitivity to touch, flushing or feeling sunburned is typical.
- After treatment, your skin will look red (think pinpoint bleeding). Redness typically subsides over 2-4 days on average, although it can persist longer for some, especially in body areas.

- It is common for the treated skin to feel dry after Exion, Moisturize frequently post-procedure, but apply a thin layer as thick layers often lead to acne breakouts.
- Let the skin naturally peel by itself, if flaking occurs, **DO NOT** rub or pick at the skin.
- Avoid active products until peeling has finished (referenced above in "How to Prepare").
- Once the peeling finishes, you may start to resume your skincare but do so slowly as the skin can be sensitive. For stronger topicals such as retinoids, start at a slightly reduced interval and ramp up as tolerated.

A special note about Acne: Although acne breakouts after Exion treatment are uncommon, occasionally patients may experience some mild acne if the moisturizer of choice is too thick or if too much is applied during recovery such that the healing skin isn't allowed to breathe.

We typically recommend Plated Calm and Tensage Growth Factors for optimal recovery and results after Exion treatments.

If your provider has given you instructions deviating from the general recommendations in this document, please follow your provider's personalized instructions.

Questions or concerns? Please securely send a direct message to your provider or call the office 281-332-9682.