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## **PRE & POST CARE FOR FORMA, EVOKE, & EXILIS**

We are excited you have chosen to treat it with Forma/Evoke/Exilis! We want to ensure you are fully informed of all treatment details and expectations. Please review the following information and let your provider know if you have any questions or concerns.

### **HOW TO PREPARE FOR YOUR TREATMENT**

- Avoid sun exposure for at least 7 days before treatment to reduce the risk of skin irritation or hyperpigmentation. Always wear broad-spectrum sunscreen SPF 30+ if you will be outdoors.
- Discontinue the use of active skincare ingredients (such as retinoids, retinol, glycolic acid, salicylic acid, benzoyl peroxide, and Vitamin C 72 hours before your appointment to prevent skin sensitivity.
- Do not use self-tanning products or tanning beds for at least 1 week prior to treatment.
- Avoid facial waxing, chemical peels, laser treatments, and microdermabrasion for at least 2 weeks prior to ensure skin integrity.
- If you have a history of cold sores (herpes simplex virus), inform your provider. You may need an antiviral prescription to prevent an outbreak.
- If you are on blood-thinning medications (such as aspirin, Ibuprofen, or certain supplements like fish oil), consult your provider before your appointment. These can increase the risk of bruising.
- Inform your provider of any metal implants, pacemakers, or medical conditions that could interfere with radiofrequency energy.
- If you are pregnant or breastfeeding, Forma/Evoke/Exilis treatments are not recommended.
- Come with clean, dry skin. Avoid applying makeup, lotions, serums, or heavy skincare products before your appointment.
- Wear comfortable clothing if treating areas like the neck, chest, or arms.

## WHAT TO EXPECT AFTER YOUR TREATMENT

After your treatment, you may notice mild redness, warmth, or slight swelling in the treated area. These are normal effects and typically subside within a few hours. To ensure proper healing and maintain your results, follow these guidelines:

- Immediately after treatment: Skin may feel warm and appear slightly red, similar to a mild sunburn. This typically fades within a few hours.

- 24-48 hours after treatment: Skin may feel firmer, more hydrated, and slightly tighter. Any lingering redness should subside.

- Keep the treated area clean and hydrated. Use a gentle cleanser and apply a hydrating, non-comedogenic moisturizer as needed.

- Avoid excessive heat exposure, such as hot showers, saunas, steam rooms, and intense workouts for 24 hours, as heat can exacerbate redness and irritation.

- Ongoing results: As collagen production increases, improvements in skin tone, texture, and elasticity will continue over the next few weeks.

- For best results, a series of 6-8 treatments (each spaced 1 week apart) is typically recommended. Your provider will create a customized treatment plan based on your skin's needs.

- Maintenance treatments every 2-3 months can help sustain your results over time.

## HOW TO CARE FOR YOUR SKIN AFTER TREATMENT

- Apply broad-spectrum sunscreen SPF 30+ daily, even if you are indoors or in indirect sunlight. Forma/Evoke/Exilis makes your skin more sensitive to UV rays, increasing the risk of hyperpigmentation.

- Avoid direct sun exposure for at least 1 week after your treatment. If you must be outside, wear a hat and use a physical sunscreen (zinc oxide or titanium dioxide)

- Resume your normal skincare routine after 48 hours, but continue to avoid harsh exfoliants (AHAs, BHAs, and retinoids) for at least 5 days after your treatment.

- Hydration is key! Drink at least 8 glasses of water per day to support collagen production and enhance your results.

- Avoid alcohol and smoking for at least 48 hours after your treatment, as both can impair healing and collagen production.

## **RECOMMENDED PRODUCTS POST FORMA/EVOKE/EXILIS**

Your provider can give you specific recommendations as well.

- Cleansers: SkinMedica AHA/BHA Cleanser or Skinbetter Refining Foaming Cleanser
- Moisturizers: SkinCeuticals Triple Lipid Restore, Skinbetter Trio Rebalancing Moisture Treatment or Skinbetter Trio Luxe Moisture Treatment
- Sunscreen: Skinbetter Sunbetter TONE SMART, Revision Intellishade, or any of our EltaMD options

## **OUR PROMISE TO YOU**

Our goal is to make you the most comfortable and informed before, during and after your treatment. However, we cannot provide exact timelines for how long it will take to see results or predict exactly how you will respond. Each person is unique, and your response will be as well. Additional treatments or services may be needed to achieve your final goal.

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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.