

Elevate Pre- & Post-Care Tips

Exion RF Pre-Care:

- **Avoid Sun Exposure:** Stay out of the sun for at least two weeks before your treatment. Tanned or sunburned skin increases the risk of complications and reduces treatment effectiveness.
- **Stop Certain Medications:** Avoid medications that increase photosensitivity or the risk of bruising.
- **Discontinue Certain Skincare Products:** Avoid products with retinoids, glycolic acid, or other exfoliants for at least a week before treatment.
- **Avoid Tanning Beds and Self-Tanners:** These increase the risk of burns and hyperpigmentation.
- **Skip Chemical Peels and Laser Treatments:** Avoid other skin treatments for at least two weeks to prevent irritation and ensure optimal results.

Exion RF Post-Care:

- Cool the treatment area with soothing creams as needed, avoiding heavy moisturizers or emollients.
- If redness, swelling, or itching persists, use an over-the-counter cortisone cream, oral antihistamine (Benadryl), or cool compresses. Avoid ice packs.
- Avoid skin irritation in the treated area for 24-48 hours after therapy.
- Avoid sun exposure for several days and use broad-spectrum sunscreen until completely healed.
- Makeup can be applied 24-72 hours after treatment if the skin is not broken.
- Use regular soaps (not scrub soaps or exfoliants) 24 hours post-treatment.
- Wait 1 to 6 weeks before repeating the session, depending on skin recovery.

IPL Pre-Care:

- **Avoid Sun Exposure:** Stay out of the sun for at least two weeks before treatment.
- **Stop Certain Medications:** Avoid medications that increase photosensitivity or the risk of bruising.
- **Discontinue Certain Skincare Products:** Avoid products with retinoids, glycolic acid, or other exfoliants for at least a week before treatment.
- **Avoid Tanning Beds and Self-Tanners:** These increase the risk of burns and hyperpigmentation.
- **Skip Chemical Peels and Laser Treatments:** Avoid other treatments for at least two weeks to prevent irritation.

IPL Post-Care:

- **Redness and Swelling:** These are common and mild; use cold compresses to ease discomfort.
- Use over-the-counter cortisone cream, oral antihistamine (Benadryl), or cool compresses if symptoms persist. Avoid ice packs.
- Apply soothing creams as recommended by your practitioner.
- Protect skin from sun exposure using a broad-spectrum sunscreen (SPF 30+) and avoid direct sunlight for a few weeks.
- Avoid hot showers, saunas, and intense physical activities for 24-48 hours.
- Use gentle skincare products for a week, avoiding harsh chemicals or exfoliants.
- Allow any crusting or flaking to heal naturally without picking or scrubbing.

Laser Hair Removal Pre-Care:

- Avoid tanning beds and sunless tanning products to prevent adverse reactions.
- Limit sun exposure to no more than 30 minutes over three weeks, even with sunscreen.
- Shave the treatment area 12-24 hours before your appointment.
- Ensure the skin is clean and free of products (makeup, lotions, oils, etc.).
- Avoid physical activities that increase body temperature for at least 2 hours before treatment.
- Avoid treatment if the skin is sunburned, peeling, or otherwise damaged.
- Discontinue skincare products with retinoids, glycolic acid, or exfoliants for at least a week before treatment.
- Avoid caffeine 48 hours before treatment.
- Stop medications that increase photosensitivity or the risk of bruising. Tylenol may be taken for comfort.

Laser Hair Removal Post-Care:

- Mild redness and swelling are normal (histamine reaction). Avoid picking or scratching.
- Use a cool cloth for comfort; avoid ice packs.
- Avoid sun exposure and tanning beds for 14 days post-treatment. Use daily zinc oxide sunscreen (SPF 30+).
- Avoid tight clothing, heated seats, saunas, hot baths, and hot showers to reduce heat retention.
- Limit activities that increase body temperature for at least 2 hours post-treatment.
- If redness, swelling, or itching persists, use over-the-counter cortisone cream, oral antihistamine (Benadryl), or cool compresses. Avoid ice packs.