

Before your treatment

Patient name: _____ DOB: _____ Today's date: _____

Before treatment - contact the office

- Tell us about poor healing, keloids, pigment changes, cold sores, active acne or infection, recent tanning or sunburn, cancer treatment, immune problems, pregnancy or breastfeeding.
- Report isotretinoin use, retinoids, exfoliating acids, blood thinners, all medicines and recent skin procedures. The clinician will decide what to pause and when; do not stop prescribed medicines on your own.
- Report electronic or metal implants and reactions to numbing medicine, adhesives or skin products. Tell us before your visit if you have a history of cold sores or new tingling, blisters or an active outbreak.

On the day

- Arrive with clean skin, without makeup, creams or oils on the treatment area. Wear clothing that provides access. Let staff manage numbing medicine and any needed hair removal.
- These instructions apply to EXION Fractional RF microneedling, which has a different recovery from noninvasive EXION Face or Body.

Discuss risks before proceeding

- RF microneedling can cause serious complications, including burns, scarring, unintended fat loss and nerve injury. Discuss your specific risks, alternatives and questions with the treating clinician before signing consent.

Patient initials: _____ I acknowledge receipt of these instructions.

A copy will be kept in my patient record.

After your treatment

Patient name: _____ DOB: _____ Today's date: _____

After treatment - protect healing skin

- Some redness, swelling, tenderness or pinpoint crusting may occur. Blisters, burns or escalating pain need prompt medical review.
- After 24 hours, cleanse gently with lukewarm water and a mild cleanser; pat dry. Use the provided gentle moisturizer. Wash hands before touching the area. Do not pick, scrub or peel crusts.
- Avoid makeup for at least 72 hours and until skin is intact, with no open, oozing or crusted areas. Keep retinoids, acids and exfoliants off the area for at least 7 days and until fully healed.
- Avoid tanning and direct sun. Use shade and a hat. Once skin tolerates topical care, apply broad-spectrum SPF 30 or higher daily; do not apply it to open or oozing skin.
- For at least 48 hours, avoid strenuous exercise, heavy sweating, saunas, steam rooms and hot showers. Continue longer if skin remains red, swollen or irritated. Avoid swimming and hot tubs until skin is fully closed and healed.

Contact the office promptly

- Call for increasing pain, heat, redness or swelling; pus, fever, blisters or burns; a cold-sore outbreak; persistent numbness or weakness; unexpected dents, texture or color changes.
- Seek urgent care for eye symptoms, severe or rapidly worsening symptoms, or if you cannot reach the office when urgent assessment is needed. Call 911 for trouble breathing, swelling of the tongue or throat, chest pain, collapse or stroke symptoms.

Follow-up

- Keep your recovery review before planning the next session. Bring a list or photo of products used since treatment if a reaction develops.

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