



# Radiant Skin Dermatology and Laser

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General | Cosmetic | Dermatologic Surgery

## EXILIS® ADVANCED AESTHETIC SYSTEM

### General Information

You are scheduled for a series of non-invasive skin tightening and/or fat reduction treatments with the State of the Art Exilis Aesthetic device. Please take a moment to review our pre and post treatment instructions for optimal comfort and treatment efficacy.

- The Exilis is a radiofrequency (RF) device that delivers high energy in a controlled fashion to the dermal/subcutaneous layers of the skin.
- After your treatment, you may experience a brief period of mild redness lasting up to 30 minutes and mild swelling. Otherwise, there is no downtime associated with your treatments and you can resume your daily routine immediately without any restrictions.
- **Exilis IS NOT A LASER**, therefore there is no associated skin peeling, pigment change or prolonged healing associated with its use. The RF energy heats the undersurface of the skin causing collagen remodeling and result in skin tightening.
- Although you may see immediate results after your treatment session, peak clinical improvement is evident 3 MONTHS following your LAST treatment.
- Treatment feels like a warm massage with occasional sensation of moderate to intense heat. This indicates that the treatment is achieving its goal. There is NO ANESTHETIC required with Exilis treatments.
- **Please drink at least 8 cups of water a day** starting 2 days before your treatment and for 2 days after your treatment to promote lymphatic drainage and fat reduction. We also encourage light physical activity after your treatment to help increase lymphatic drainage and fat reduction.
- **Men undergoing facial treatments must shave the morning of the treatment session.**
- You may continue all medications, supplements and vitamins during your treatment period.
- In order to achieve significant results, the Exilis treatment should be administered at 7-14 DAY INTERVALS for 4 to 6 sessions, depending on your treatment goals.
- Patients with a pacemaker, metal implants or who are pregnant or nursing may NOT undergo radiofrequency (RF) treatments.

### **Exilis® Pre-Treatment Considerations**

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116 Central Park South, Suite 7, New York, NY 10019

T: 212-229-0007

F: 212-202-6350

E: [info@radiantskinnyc.com](mailto:info@radiantskinnyc.com)

W: [www.radiantskinnyc.com](http://www.radiantskinnyc.com)



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Exilis is contraindicated in

- persons with metal implants as well as any active implanted device.
- Women who are pregnant or lactating.
- Please be sure to share your complete medical history with Dr. Dele-Michael and associates so we can make sure Exilis is right for you.
- Please wear comfortable clothing on the day of your treatment.
- All makeup will be removed from your skin prior to treatment, so be sure to bring your makeup kit so you can reapply your make-up after your treatment.
- You will be asked to remove jewelry from the treatment area

## **Exilis® Post Treatment Considerations**

### **Treatment with the Small Applicator**

- You may experience transient redness that may last for up to 30 minutes after treatment
- Your skin may feel warm immediately after the treatment, but this will dissipate quickly.
- If you had your lower face or chin treated, you may have some tenderness in the area for a few hours or a day after.
- Treatment of the eyes may yield some mild swelling, so patients are encouraged to elevate their head at night by sleeping on two pillows for 24-48 hours after treatment.

### **Treatment with the Large Applicator**

- You may experience transient redness that may last for up to 30 minutes after treatment
- Your skin may feel warm for up to a few hours after treatment because deep tissue retains heat longer
- You may feel mild tenderness in the treated area.

Please Call: 212-229-0007 for any other questions or concerns

Visit <http://www.radiantskinnyc.com/our-services/cosmetic-dermatology/exilis-elite.aspx> for more information.

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