



Basic Information:

The Exilis is a radiofrequency (RF) device that delivers high energy in a controlled fashion to the dermal/subcutaneous layers of the skin.

There is NO DOWN TIME associated with your treatments. Other than a brief period of redness and minor swelling you can get back to your daily routine almost immediately.

Exilis is NOT A LASER. There is no skin peeling, pigment change or prolonged healing associated with its use. The RF energy heats the undersurface of the skin causing collagen remodeling.

Although you may see immediate results after your treatment session, the major portion of the clinical improvement is evident at 3 MONTHS following your LAST treatment.

There is NO PAIN associated with your treatment, only a moderate to intense sensation of heat, which tells you that the treatment is achieving its goal. There is NO ANESTHETIC required with Exilis treatments.

Sun exposure DOES NOT affect the results of your Exilis treatment so you may be tan when you have the treatment and you may tan following any treatment session, but this is not encouraged as UV light breaks down collagen. The Exilis device may be used safely on any skin type or color.

Pre Treatment:

You are not required to do anything special prior to your treatment session. If you are having a body treatment please drink lots of water before and after your treatment to help improve lymphatic drainage. We also encourage light physical activity after your treatment to help increase lymphatic drainage. Men undergoing facial treatments must shave the morning of the session. You may continue all medications, supplements and vitamins during your treatment period.

WE ADVISE 48 FLUID OZ OF WATER PRIOR TO TREATMENT SESSION (3 water bottles)

It is essential that your sessions be repeated at 7-14 DAY INTERVALS for 6 to 8 sessions, depending on your treatment needs. In order to see significant results, the Exilis treatment must be administered in this fashion.

Your Exilis treatment will be administered by a thoroughly trained RF specialist.

WARNING: Patients with a pacemaker, metal implants or who are pregnant or nursing may NOT undergo RF treatments

Next Treatment: 7-10 Days

Follow up: After you reach your treatment goals with Exilis, it is advised you maintain your results with one Exilis treatment every 3 months. It is important that you understand that Exilis aids in the production of collagen, therefore you must commit to maintenance for best results. Maintenance will prolong your investment and keep your skin looking its best.

Complete Product List

- 1) 48 OZ OF WATER BEFORE TREATMENT SESSION

Other Helpful Hints

- 1) *Wear comfortable, easy access clothing (such as a bathing suit) for treatment access and ease of electrode placement.*
- 2) *No make-up, creams / lotions on skin; no jewelry or other metal adornments. Skin should be clean, dry and hair free.*
- 3) *Drink increased liquids (8 glasses of water) 1-3 days before, the day of and the day after treatment (for body shaping). (Also, ideally reduce or avoid coffee, tea, alcohol and other diuretics starting with the day before Exilis treatment.)*
- 4) *Mild exercise (e.g. walking or light jogging, etc. ~ 1/4 mile or more) is beneficial on same day after treatment (for body shaping).*

Most patients will notice redness and/or warmth in the treated areas for minutes up to several hours or more after treatment. Some patients may experience tenderness in the treated areas for several hours to a day or more after treatment.