SKINNEY® medspa + wellness | XERF™

PRE + POST

PRE CARE

- Arrive with clean skin, free of makeup + skincare products.
- Avoid sun exposure, tanning or self tanner before your appointment.
- Let your provider know about any irritation, rash, skin infections, + recent aesthetic treatments, procedures, changes in medications, or changes to your medical history.

XERF MAY NOT BE SUITABLE IF YOU:

- Are pregnant or may be pregnant
- Have a pacemaker or implanted electronic device
- Have metal implants in the treatment area (excluding dental implants/IUDs)
- Have tattoos in the treatment area
- Have self-tanner on the treatment area
- Have active infection, wounds, rash, or skin irritation
- Have reduced heat sensitivity in the treatment area
- Have a history of cold sores in the treatment area
- Are taking/recently took Accutane
- Have taken antibiotics within the past 2 weeks
- Had Botox, filler, threads, or surgery recently
- Have diabetes, autoimmune disease, or impaired healing

AFTER YOUR XERF TREATMENT

XERF requires zero to no downtime + most patients can return to their normal routine immediately.

- Mild redness, warmth, tenderness, swelling may occur + typically resolves on its own.
- Treat your skin gently and use a mild cleanser and moisturizer as needed.
- Apply broad-spectrum SPF 30+ daily and avoid excessive sun exposure.
- Avoid excessive heat, including saunas, steam rooms, and very hot showers, if the treated area feels warm or sensitive.
- Avoid aggressive exfoliation or irritating skincare products until your skin feels completely back to normal.
- Stay well hydrated following your treatment.