

# EXILIS ADVANCED AESTHETIC SYSTEM

## General Information

You are scheduled for a series of non-invasive treatments with the state of the art Exilis Medical Device. Here are some things you should know.

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 our 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.

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.

Compression Garments such as "Spanx" are useful after treatments to help your body circulate the damaged fat components. Our office has medical grade compressions garments available for purchase.

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.

It is essential that your session be repeated at 7-14 DAY INTERVALS for 4 to 6 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. Patients with a pacemaker, metal implants or who are pregnant or nursing may NOT undergo RF treatments.