

## **Seiler Skin Exilis Pre Treatment Instructions**

- Exilis is contraindicated in patients with metal implants, pacemakers, as well as any active implanted device. Exilis is also contraindicated for women who are pregnant or lactating. Please be sure to share your complete medical history with us so we can make sure Exilis is right for you.
- Please wear comfortable clothing on the day of your treatment so we can gain access to your back/buttocks/thighs for easy placement of the ground electrode as well as the treatment area.
- No make-up, creams or lotions on skin; no jewelry. Skin should be hair free.
- If the treatment area is on your body (instead of face), please arrive at your appointment well hydrated with lots of water. Ideally, you should drink a lot of water the day before, the day of and the day after your treatment as this will result in a more comfortable and efficacious treatment. Additionally, we recommend light physical activity after treatment to help with lymphatic flow.

## **Seiler Skin Exilis Post Treatment Instructions**

- You may experience transient erythema (redness) that will last from a few minutes to an hour or possibly longer. Notify Seiler Skin if it is worse than this or you have concerns.
- Your skin may feel warm immediately after the treatment, but this will dissipate quickly.
- You may have some tenderness in the area for a few hours or a day after.
- Treatment of the eyes may yield some swelling and patients are encouraged to sleep on two pillows for 24-48 after treatment.
- You may resume your normal skincare regimen. Use the Avene Cicalfate if recommended.

Notify Dr. Seiler if you have any questions, concerns, problems. 205-870-0204 or 205-873-2340.

I understand the above instructions. I understand the risks and signs of side effects and complications such as extended or severe redness, swelling, blistering, burns, ulcers, pain, or signs of infection and I will call the office and Dr. Seiler immediately if I have any questions or concerns. **Initial** \_\_\_\_\_