



Client Pre & Post Care Instructions
BTL: Body Contouring & Skin Tightening

Pre Treatment Considerations

- BTL Exilis System is contraindicated in patients 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 us so we can make sure BTL Exilis System 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 grounding electrode as well as the treatment area.
- No make-up, creams, or lotions on skin.
- No jewelry.
- Skin should be free from hair (men undergoing facial treatments must shave the morning of the session).
- If the treatment area is on your body (not face), please arrive at your appointment well hydrated. Ideally, you should hydrate 2 days before and on the day of the treatment as this will result in a more comfortable and efficacious treatment.

HYDRATION IS THE KEY TO YOUR SUCCESS WITH TREATMENT

The more hydrated you are the better your results will be. FDA recommendations for water consumption in adults is 32-64 ounces per day. Certain beverages can have an opposite and diuretic effect. Caffeinated beverages such as soda, coffee and tea may deplete fluids in your body and should be avoided 48 hours in advance of your appointment.

When you arrive for your treatment we will use a special hydration scale to measure your level.

If your hydration level is low, you will still receive a result. This information will help guide us should you need to increase your hydration efforts for your next treatment. If you would like to come 24 hours prior to your Exilis appointment we will check your hydration level at that time.

This will ensure you are hydrating properly.



Post Treatment Considerations

- You may experience transient erythema (redness) that may last for 24 hours.
- Your skin may feel warm immediately after the treatment, but this will dissipate quickly (face treatment) or may last for a few hours as deep tissue retains heat longer (body treatment).
- Increased sensitivity to heat (very hot shower) may last for 24 – 48 hours after the treatment.
- You may have some tenderness in the area for a few hours or a day after.
- Treatment around the eyes may yield some swelling and you are encouraged to sleep on two pillows for 24 to 48 hours after the treatment.
- If the treatment area is on your body (not face), stay well hydrated for 4 days after the treatment for better results. Additionally, we encourage light physical activity after treatment to help with lymphatic flow.
- It is highly recommended to keep treated skin protected by proper SPF lotion and to avoid excessive heat exposure (sauna, laser, or pulse light treatment, etc.)