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EXILIS®

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 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.

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.

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 sessions 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.

A thoroughly trained RF specialist will administer your Exilis treatment. Patients with a pacemaker, metal implants or who are pregnant or nursing may **NOT** undergo RF treatments.

Exilis® Pre Treatment Considerations

· Exilis is contraindicated in patients with metal implants 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 Dr. Wendel and his team so he 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.
- Do NOT wear 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. Ideally, you should hydrate 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.

Exilis® Post Treatment Considerations

Treatment with the Small Applicator

- You may experience transient erythema (redness) that will last from a few minutes to an hour or possibly longer.
- Your skin may feel warm immediately after the treatment, but this will dissipate quickly.
- If you had your lower face or chin treated, 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.

Treatment with the Large Applicator

- You may experience transient erythema (redness) that will last from a few minutes to an hour or possibly longer.
- Your skin may feel quite warm for up to a few hours after treatment as deep tissue retains heat longer.
- You may feel tenderness in the treated area.

For Medical Questions, Please Call:

(615) 921-2100 Monday-Thursday 9:00 AM-5:00 PM and Fridays 8:00 AM – 12:00 PM. After hours and on weekends, the answering service will contact Dr. Wendel or the plastic surgeon on call.