



Prepare for Your Treatment

PRE-TREATMENT INSTRUCTIONS

About Your Treatment

XERF® is a non-invasive, needle-free radiofrequency treatment designed to deliver controlled heat at multiple depths to support collagen remodeling, firmer-looking skin, and improved skin quality. Following these guidelines will help prepare your skin for treatment and support a comfortable recovery.

2–4 Weeks Before

- Avoid excessive sun exposure, tanning beds, and self-tanner on the treatment area.
- Use a broad-spectrum SPF 30+ daily.

1–2 Weeks Before

- Avoid chemical peels, waxing, microdermabrasion, and other aggressive treatments in the treatment area unless otherwise directed by your provider.
- Let us know if you have recently had lasers, microneedling, injectables, or other aesthetic treatments.

5–7 Days Before

- Discontinue retinoids, retinol, tretinoin, glycolic acid, salicylic acid, and other exfoliating or potentially irritating skincare products unless your medical provider has instructed you otherwise.



Before We Begin

24–48 Hours Before

- Stay well hydrated.
- Avoid anything that leaves the treatment area irritated, inflamed, or sunburned.

Day of Treatment

- Arrive with clean skin, free of makeup, sunscreen, oils, lotions, deodorant, or other products on the treatment area.
- Remove jewelry from or near the treatment area.
- If treating a hair-bearing area, please shave approximately 1–2 days before treatment rather than immediately beforehand.

Please Tell Your Provider Before Treatment If

- You have a pacemaker, implanted defibrillator, or other implanted electronic device.
- You have metal implants in or near the treatment area.
- You are pregnant or may be pregnant.
- You have an active infection, open wound, rash, or significant irritation in the treatment area.
- You have a history of cold sores when treating around the mouth or face.
- You have started any new medications or have had a change in your health since your consultation.
- You have recently received filler, neuromodulators, lasers, microneedling, or another energy-based treatment.

Your provider will determine whether XERF® is appropriate for you and whether any treatment modifications are needed.



After Your Treatment

POST-TREATMENT INSTRUCTIONS

What You May Notice

XERF® requires little to no downtime, and most clients can return to normal daily activities immediately.

Temporary:

- Redness or pinkness
- Warmth
- Mild swelling or puffiness
- Tenderness or a sensation of tightness

These effects are generally mild and typically improve within several hours to a few days.

First 24–48 Hours

- Do not apply ice or cooling packs to the treated area unless specifically instructed by your provider.
- Avoid saunas, steam rooms, hot tubs, very hot showers, and other sources of excessive heat.
- Avoid strenuous exercise if it causes significant flushing or increased warmth in the treated area.
- Keep the skin clean and well hydrated.
- Use a gentle cleanser and moisturizer.
- Avoid scrubs, cleansing brushes, or aggressive exfoliation.



Optimize Your Recovery

Skincare

For approximately 5–7 days, or until the skin feels completely calm:

- Avoid retinoids and retinol.
- Avoid glycolic, salicylic, and other exfoliating acids.
- Avoid physical exfoliants and scrubs.
- Avoid products that sting, burn, or significantly irritate the skin.
- Avoid alcohol-heavy or highly astringent skincare products.

Resume your regular active skincare gradually once the skin feels completely normal, unless your provider advises otherwise.

Sun Protection

Protecting the skin from UV exposure is essential.

- Apply a broad-spectrum SPF 50+ every day.
- Limit direct sun exposure.
- Reapply sunscreen as directed when outdoors.
- Consider a hat or other physical sun protection when appropriate.

Hydration

Continue drinking plenty of water following treatment to support healthy skin and normal tissue recovery.



Your Results

Your Results

Some clients notice an initial feeling of firmness shortly after treatment. XERF® is also designed to stimulate a gradual collagen-remodeling response, so improvement may continue to develop over the weeks and months following your treatment.

Your provider will recommend your individualized treatment plan based on your skin, treatment area, and goals.

When to Contact Us

Please contact Nude Medical Aesthetics if you experience:

- Blistering
- Increasing or significant pain
- Significant or worsening swelling
- Persistent numbness
- Unusual changes in skin color
- Redness or irritation that becomes progressively worse rather than improving
- Any reaction or symptom that concerns you

Call us at (707) 602-3809.

These instructions are intended as general guidance. Your Nude Medical Aesthetics provider may modify your pre- or post-care based on your medical history, treatment area, and individualized treatment plan. Always follow your provider's specific instructions when they differ from the guidance above.