

NEEDLE-FREE RF SKIN TIGHTENING

XERF

XERF uses needle-free radiofrequency energy. Follow this XERF-specific care plan and your provider's personalized instructions.

Follow your provider's personal instructions if they differ from this guide.

01 FIRST 1-3 DAYS

- Mild redness, warmth, or swelling may last 1-3 days. Symptoms should settle rather than become increasingly painful.
- Do not use ice packs or excessive cooling, per clinic instructions. Do not deliberately heat skin. Increasing burning or pain needs assessment.
- Exercise, hot showers, saunas, and steam may increase warmth or redness for 24-48 hours. Avoid these while skin feels irritated or overheated.

02 KEEP SKINCARE GENTLE

- Cleanse without scrubbing. Use a gentle moisturizer; avoid heavy or occlusive products unless your provider recommends them. Mineral makeup is acceptable once skin feels calm and comfortable.
- Avoid alcohol-based products, exfoliants, retinoids, and other irritants for at least 5-7 days. Wait longer if irritation remains; ask when to resume prescription products.

03 PROTECT AND CHECK IN

- Avoid direct sun. Apply broad-spectrum SPF 50+ daily, reapply outdoors as labeled, and use shade or protective clothing.
- Follow your review schedule. Report lasting tenderness or unexpected changes before another treatment. Stop products that cause persistent stinging.

WHEN TO GET HELP

Call Beauty Lab + Laser for blisters, worsening pain, marked swelling, persistent numbness, or unusual skin color. Seek urgent care for severe symptoms or if the clinic is unavailable.

Call 911 for trouble breathing, throat or tongue swelling, or collapse.

QUESTIONS? CALL YOUR TREATMENT LOCATION.

Murray (801) 675-8954

Riverton (385) 209-1072