



To make the most of your ExactRF treatment and promote healing, the following post-care steps are recommended. Always talk to your provider about any questions and concerns that arise.

1. HYDROGEL EYE MASK

Apply the Hydrogel Eye Mask for 10 minutes immediately after treatment. Apply the second pair after 24 hours.

2. HYDROGEL COMPLEX

After 24-48 hours, apply the Hydrogel Complex every 4 hours. Continue daily to assist in recovery.

*WARM COMPRESS & GENTLE MASSAGE

If collagen nodules present, apply a warm compress before applying the Hydrogel Eye Mask. Continue the warm compress for the next 48 hours (or as long as collagen nodules persist) 5x a day for 20 minutes. Gently massage the treatment area inwards to outwards following the warm compress.

ADJUSTMENTS TO YOUR DAILY ROUTINE

- Use a gentle cleanser and cool water to keep the skin clean
- Avoid sun-exposure and always use SPF
- Avoid strenuous exercise for 1-3 days
- Ask your provider when to resume your skincare regimen and what products to avoid