

XYTIDE

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Notes

# EXOMIDE



## SKIN + SCALP EXOSOME THERAPY

PATIENT AFTER CARE

XYTIDE

## POST TREATMENT RECOMMENDATIONS FOR EXOMIDE™ SKIN AND HAIR

You have been provided with this information as your healthcare practitioner has recommended Exomide treatment.

To achieve the best outcome from your Exomide treatment, we suggest following the outlined post-treatment recommendations.

### TOPICAL APPLICATION

#### Immediately after treatment

- Do not touch the treated area
- Keep the treated area clean and dry
- Do not apply makeup until the next day

#### 0 - 5 Days after treatment

- Do not apply Vitamin C or any AHAs or BHAs for at least 24 hours
- Avoid saunas or extreme heat for 24 hours
- Adhere to any additional recommendations made by your healthcare practitioner

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### NEEDLING APPLICATION

#### Immediately after treatment

- Do not touch the treated area
- Keep the treated area clean and dry
- Do not apply makeup

#### 0 - 5 Days after treatment

- Avoid excessive exercise in the first 24 hours
- Do not apply Vitamin C or any AHAs or BHAs for at least 24 hours
- Avoid cosmetic injectables for the first week
- Avoid tanning and prolonged sun exposure for the first two weeks
- Consider taking natural supplements or antiviral medication for prevention if you are prone to cold sores
- Adhere to any additional recommendations made by your healthcare practitioner

### COMMON SIDE EFFECTS

After the treatment heat, bruising, swelling and redness may occur. This is temporary and resolves within a few days.

#### Other less common side effects may include

- Tenderness
- Raised bumps under the skin
- Allergic reaction, itching or rash

Should any problem arise or if you have additional questions, it is important to contact your treating healthcare practitioner.