

Congratulations on Choosing Exert BodySculpt for Renuvion Facial Renewal!

You have made a great decision on choosing Exert BodySculpt for your procedure! We have put together this useful guide to help patients before their procedure and during their recovery process. This packet includes a list of general expectations, pre and post operative care instructions, and commonly asked questions and answers where most of your questions should be answered. Following these instructions carefully should help you get the best results from your procedure.

Pre-Procedure Instructions:

Please read your entire patient packet twice. Plan ahead to ensure a more relaxed recovery; stock the house with comfort foods and arrange a comfortable place to sleep.

Set up a support system, someone reliable to drive you to postoperative appointments and help with postoperative care. You may drive as long as you are not taking opioid pain medications.

Stop blood thinners (aspirin, Advil, Aleve, Motrin, ibuprofen, Plavix, etc.) one week prior to your procedure, unless otherwise instructed by your physician.

Pre-Treatment Protocol:

- Avoid sun exposure for 2 weeks before the procedure.
- Avoid blood thinners.
- Use tretinoin/hydroquinone/steroid cream for at least 2 weeks starting 1 month prior to the procedure. Stop cream 1 week before the procedure.

Procedure Specific Medications

Prescriptions for pre-procedure medications will be sent to your pharmacy. Please take these medications as directed.

- Antibiotic – cephalexin or doxycycline. Begin taking 1 day before your procedure. Continue taking on the day of the procedure.
- Antiviral - acyclovir. Begin taking 1 day before your procedure. Continue taking on the day of the procedure.
- Antifungal- fluconazole. Take 1 day before your procedure.
- Anti-anxiety-lorazepam. Take 1 hour before your procedure.
- Nausea - Zofran/ondansetron. Take 1 hour before procedure.
- Post Procedure Pain – Take according to the package for as long as you have pain.
 - For burning sensation, take gabapentin.
 - For mild to moderate pain, take ibuprofen 800mg.
 - For severe pain, take oxycodone/acetaminophen 5/325mg.
 - Oxycodone will cause constipation. Use colace to prevent constipation.
- Itching - hydroxyzine. Take twice daily as needed.

If you are unable to take any of these medications, please contact our office so we can prescribe other medications.

What medicines can I take before my procedure?

Stop taking all non-prescription or over the counter medicines two weeks before your procedure. In other words, stop all drugs, medicines, preparations, herbs, homeopathic treatments, and extra vitamins that are not prescribed by a medical doctor. This includes all aspirin or ibuprofen containing products, all homeopathic drugs, all natural drugs, or all herbal drugs, all extra vitamins, all illicit or illegal drugs (cocaine, crack, narcotics, heroin, LSD, PCP, speed, or amphetamines).

Do take your antibiotics, antifungal, antiviral, anxiety, and nausea medicine on the morning of your procedure. Resume your regular medications after procedure. Avoid aspirin for at least 7 days after procedure.

What do I do the morning of my procedure?

You should take your pre-procedure medications **in the morning before your procedure**. Take another shower the morning of your procedure washing your hair, face, and body with soap. Do not put anything on your skin after your shower including body moisturizer, deodorants, antiperspirants, or makeup. These can interfere with surgical markings, skin cleansing, and anesthesia monitoring.

What should I wear to my procedure?

Do not wear any jewelry or piercings the day of your procedure. Wear loose fitting clothing. Wear a dark colored blouse or shirt with **buttons in the front**. No high heels. Comfortable flat shoes.

Should I stop smoking?

Do not smoke or use tobacco or nicotine products (snuff, chewing tobacco, Nicorette gum, nicotine inhaler, or nicotine skin patches (Nicoderm)) for 4 weeks before and 4 weeks after the procedure. Smoking increases the risk of coughing after your procedure that leads to unwanted bleeding. For general health reasons, I recommend all my patients stop smoking.

Can I drink alcohol before my procedure?

Do not have any alcoholic drinks (including beer and wine) for one week before your procedure and the first 6 weeks after your procedure date. Also, do not have any alcoholic beverages if you are taking prescription medications. Alcohol may result in excessive bleeding.

When do I stop eating before my procedure?

If you have a procedure scheduled for the morning at 730AM please do not eat beforehand. You can drink water and take your medications. If your procedure is scheduled after 12PM, you can have breakfast. Please do not eat lunch.

What do I do the day before my procedure?

Begin taking your medications 1 day before your procedure. Before you go to bed, take a shower with soap and clean your hair as normal. Make sure you remove all makeup. Do not put anything on your skin after your shower.

How do I prepare for the night after my procedure?

Every patient is apprehensive about the night after their procedure. Proper preparation will make this first night easier for you. First, read this packet twice. If you have any questions, make sure they are answered before your procedure. Visit [exertbodysculpt.com/amazon](https://www.exertbodysculpt.com/amazon) for a list of recommended items.

Post-Procedure Instructions:

Inflammation Phase (Days 1-3):

- Tepid to cool showers multiple times per day
- No ceiling fans. This will dry out your skin excessively.
- Change your pillowcases daily.
- Cut nails short.
- Keep ointment and vinegar solution in the refrigerator.
- Avoid hats.
- Vinegar water soaks multiple times per day using the following guidelines. Use gloves when applying vinegar soaks to minimize infection.



1 Cup Water

+



1 Tablespoon White Vinegar



Keep spray bottle
with vinegar solution
in refrigerator

- Use clean 4x4 gauze pads wet with water solution and apply over face.
- Replace gauze before they dry. Spray water over dry gauze before removing.
- Soak should continue for 30 minutes
- Soak should NOT sting. Add more water if the solution stings.
- The water should remain chilled and replaced when warm
- After vinegar soak, apply ointment to entire face. Always keep your face moisturized, never dry.
- Always wear gloves before touching your face or applying ointment.

Regenerative Phase (Days 4-14):

- Tepid to cool showers multiple times per day
- Vinegar water soaks as needed. Reapply ointment whenever face is dry.
- Alcohol free cleansers (example: Neutrogena Fresh Foaming Facial Cleanser & Makeup Remover) and alcohol-free occlusive ointments (Aquaphor) allowed during this stage

Restorative Phase (Days 15 and beyond):

- Sunblock not Sunscreen (e.g., Neutrogena Sheer Zinc Oxide Sunscreen, look for ingredients zinc oxide and titanium dioxide)
- No hydroquinone
- No retinol
- Use light moisturizer (e.g., e.g., Neutrogena Oil Free Moisture Daily Hydrating Facial Moisturizer & Neck Cream) may also be used following re-epithelialization
- You can start using tretinoin/retinol at day 90 post procedure.

Follow up Visits and Patient Instructions:

- Keep your follow up appointments to ensure healing is progressing as anticipated. Plan for visits on day 1, day 4, day 7, day 14, day 30, day 90, and day 180.
- Isolate from household pets during the re-epithelialization phase of healing
- Avoid sun exposure and pollutants during the healing process
- Do not remove, try to remove, pick, rub, or squeeze areas of skin, whether using fingers or tweezers
- Do not allow your skin to dry out as this can increase the risk of increased pigmentation or darkening of the treated skin
- Do not use any anti-aging/exfoliating/harsh cleansers, medications, or scrubs
- Do not use fabric conditioners when washing bed sheets, pillowcases, or clothing as these may cause skin irritation
- Avoid close contact with anyone who has any form of contagious infection

Avoid Moisture and Irritation:

- Wear loose, breathable clothing to avoid friction and irritation around the procedure area.
- If you notice any signs of infection (such as increased redness, swelling, warmth, or discharge),

contact us immediately.

Activity: You should rest for the first 24 hours after the procedure, and take it easy for the first week. If you experience more than mild swelling or discomfort you may be overdoing it. No beach, pools, sauna, or hot tubs until skin is healed. Lay in bed in an upright position to decrease swelling. You may return to work in about 1-2 weeks depending on your procedure.

Diet: Stay hydrated and eat normally. Avoid alcohol for at least 48 hours post-op, and limit consumption for the next 6 weeks.

Sun Exposure: Avoid sunbathing for 6 months.

After Anesthesia: The medication or sedation given to you will be acting in your body for the next 24 hours, because of this you may be sleepy, dizzy, and/or lightheaded. These feelings will wear off slowly. Therefore you should not: stay alone, drive a car, operate machinery, power tools, drink alcohol, make important decisions or sign legal documents.

Help at Home: It is very important to have a strong support system during the post op period. You must have someone available to drive you home after the procedure. This can be a friend, family member, or paid caregiver.

Do NOT apply heat or ice to the procedure areas.

Common Side Effects

Menstrual irregularities with premature or delayed onset of monthly menstruation are a common side effect of any procedure. Flushing of the face, neck and upper chest may occur. Slight temperature elevation during the 48 hours following procedure is a natural consequence of the body's reaction to trauma.

Call or text us if:

- Excessive facial swelling
- New or unrelenting burning or stinging sensation of the treated areas
- Purulent discharge or infection
- Premature peeling following treatment
- Burning or stinging with the application of the alcohol-free occlusive ointment
- Burning or stinging with the application of the vinegar water soaks
- Breach of the skin (open wound)
- Wounds that are not healed after 14 days
- Dry eyes, inability to close eyes, and/or eye pain
- Spreading redness at the periphery of the treated areas
- Fever, chills, nausea, and vomiting
- Raised areas of skin that may be tender
- Focal areas of intense redness and induration
- Concern about the wound healing process

Phone number: 239-232-7771

Frequently Asked Questions

When do I pay for my procedure?

All procedure fees must be paid in full 2 weeks before the procedure date. All procedures that are rescheduled with less than 4-week notice are subject to a 20% rescheduling fee. All procedures that are canceled with less than 2-week notice will forfeit 50% of procedure fee. All procedures that are rescheduled with less than 72 hours' notice will forfeit 50% of procedure fee.

What happens if my procedure is canceled?

Although rare, your procedure may be postponed or canceled. This is usually for health reasons and your personal safety. We will not take any undue risks with your health. It is your responsibility to maintain good health prior to your procedure. You must take your prescription medications as prescribed, stop all non-prescription medications, stop smoking, stop alcohol consumption, and stop all illicit or illegal drug use.

Can I have varicose vein treatments before my procedure?

Do not have any lower leg or thigh vein treatments (injection sclerotherapy, vein injections, laser photocoagulation, vein procedure, or vein stripping) within six weeks of your procedure. These treatments can lead to blood clots in the legs. These are life threatening.

When can I start losing weight?

Your body will need time to recover from your procedure. Please do not attempt to lose weight until 3 weeks after your procedure (including taking phentermine or semaglutide).

What should I eat after my procedure?

You should eat a high protein diet after your procedure to have the smoothest recovery. Aim for 1 gram of protein per pound of body weight per day. Maintain this diet for at least 3 weeks after your procedure. You should also eat foods that are high in Vitamins A, C, and Zinc such as vegetables. Avoid spicy, greasy, fried or gaseous foods. If you experience any nausea, fluids that are clear and high in sugar are recommended (Gatorade, soda, Kool-aid, non-acid juices).

What should I do if I am pregnant?

You must not be pregnant at the time of your procedure.

What should I do if I become ill before my procedure?

If you develop an illness such as a cold, the flu, sore throat, infection, diarrhea, vomiting, nausea, fever and/or chills, please call the office as soon as possible. We will determine at that time if we need to delay your procedure based on your symptoms.

What should I do if I have questions before my procedure?

Remember we are here for you. We want this procedure to be as safe and pleasant as possible. Call us anytime you have questions or concerns (239) 232-7771. You can also email tmartin@exertBodySculpt.com.

What if I am not happy with my results?

Step 1: Breathe.

Most patients think procedure is a “quick fix” and you leave the operating table a new person. You may look worse immediately after procedure! Your body takes time to heal. Swelling takes time to subside. Scars take time to fade. Take a deep breath and try to relax. You can't make any firm judgments about your procedure until you have waited at least 6 months.

Step 2: Remember.

It is easy to look at Instagram photos of models or wish pictures and quickly become unsatisfied with your results. Your friends and family may tell you that you don't look that different after procedure. You must take a step back and remember what YOU looked like before procedure. Look at your own photos from before your procedure. Cosmetic procedure can make dramatic improvements, but unfortunately it is not magic. Your anatomy, skin tone, nutrition, genetics and the way your body heals are all limiting factors when it comes to procedure. We will make you the best YOU that is possible with the procedure— and remember that is the only BEST that matters.

Step 3: Listen.

You know when you were growing up and you didn't want to listen to your parents, and they would annoy you and say “We know better because we have more experience.” Super frustrating because they turned out to be right. Well, say hello to your procedure parents: Exert BodySculpt and our staff. Listen to us and follow our advice and instructions. We have guided hundreds of patients through procedures— so stop looking to the internet, Realself, social media, your family and friends for answers and advice regarding your procedure. Listen to your procedure parents— “We know better because we have more experience.”

Step 4: Help Yourself.

Cosmetic procedures are actually a team sport. We get your body to the best place it can be surgically but it is up to YOU to maintain the results. You made a decision to change your life when you scheduled your procedure, but that commitment to change does not end on the procedure table; it is a choice you must make every day.

Follow your post procedure care instructions.

Again, this is where you must LISTEN. Follow the instructions you are given —don't tan when you have scars, don't go swimming until your wounds are closed, take your medications, don't lift heavy things because you are ready, send us progress pictures—just to name a few. By not following doctor's orders you can cause unnecessary complications and compromise your results.

Step 5: Accept.

There are certain realities in life you must accept. Your body will never be perfectly symmetrical. Your scars will never completely fade or be ruler straight. Your scars may peek through your bikini. Your breasts will never be the same size. Your cellulite will not be cured. You will never be perfect. Once you accept this, you will be able to appreciate and be grateful for how much better you look and actually enjoy your results. Be proud of how far you have come!

I followed the steps and I'm still not happy...

1. Am I eligible for a refinement procedure?

We are happy to refine your procedure results with an additional procedure if we feel it can improve your results. Please initial each statement indicating that it is true. All of the following statements must be true in order for you to be eligible for a refinement procedure:

It has been six months but less than 18 months since my procedure date.

I have not smoked since my procedure.

I eat a healthy diet and exercise regularly.

I have attended all of my post-op appointments and sent photos to the Exert BodySculpt team at the requested times.

I am dissatisfied because....	This happened because....	This is how we can help....	Cost
I still have wrinkles	We perform the facial renewal procedure as aggressively as we can. You may still have some visible wrinkles.	Repeat procedure, anti-wrinkle injections, medical grade skin care	Varies
I have dark spots	Hyperpigmentation is common after any facial renewal procedure. Some skin types are more prone to developing dark spots than other. Sun exposure and picking the skin increase the risk.	Hydroquinone, medical grade skin care, chemical peels	\$100+
I have light spots	Hypopigmentation is common after any facial renewal procedure. Not following post care instructions and picking the skin increases the risk.	Medical grade skin care	\$100+
I have redness	Redness is common after any facial renewal procedure. This will fade with time.	Camouflage makeup	\$100+
I have scarring	This is a rare risk of facial renewal. Your skin reacted poorly to the treatment or you exposed your skin to sun or trauma too early in the healing process.	Steroid injections, silicone creams, lasers	Varies

What is the process to schedule my refinement procedure?

- A. Schedule a refinement consultation at our office. This visit must be at our office and cannot be done virtually.
- B. During your consultation, our medical team will determine if a refinement procedure is appropriate.
- C. If it is, we will create an individualized plan to address your concerns.
- D. Follow the instructions on your procedure plan on how to schedule your refinement procedure. Contact your patient coordinator.