XERF Structural Skin Tightening

Recommended pretreatment instructions. For best results, please follow these instructions.

- **Hydrate**
  Drink approximately 3 liters of water per day for 3-4 days before your appointment. Avoid natural diuretics such as alcohol and caffeine, as these can contribute to dehydration.

- **Pause Retinol & Stimulator Serums**
  Discontinue all retinol products and stimulator serums for 5 days before your treatment.

- **Arrive Makeup & Jewelry-Free**
  Please arrive with no makeup and no jewelry, as XERF treatment includes a full face and neck.

- **Dress Comfortably**
  Ultrasound gel is used during the treatment, so things can get a little messy. Please wear something you do not mind getting gel on. A gown is also available if you prefer to change.

- **Plan for Your Appointment**
  XERF is a thorough treatment, so please plan to be with us for at least 2 hours.

Renaissance MD

When you are ready to schedule or have any questions or concerns, please give us a call at 909-793-2020 or text 909-787-2074.

420 Brookside Avenue, Redlands, CA 92373