



## **EXOIE PRE AND POST TREATMENT INSTRUCTIONS**

Home care is an essential part of the process when doing aesthetic treatments. RMD has recently added EXOIE for an added value to some of our procedures. EXOIE consists of organic, plant-based stem cells that can be used to significantly increase skin collagen and elastin, resulting in decreased appearance of scars, sagging skin, age spots and wrinkles. When used in conjunction with a procedure such as the one you are preparing for, it can also enhance your treatment results and decrease inflammation by 90%, leading to a much quicker recovery.

Below you will find your guide to applying your EXOIE serums at home. Once you begin your EXOIE application, please discontinue all other skincare products, except for cleanser and SPF.

### **PRE-CARE DETOX**

You will begin your DETOX kit 5 days prior to treatment, which will help prepare and hydrate your skin. Apply your DETOX EXOIE to dry skin, immediately after cleansing, morning, and night. Please allow 8-10 hours in between application of your EXOIE. For maximum absorption, wait at least 15 minutes after applying your EXOIE before applying your SPF.

If you do not do all 5 days of the pre-care with the DETOX kit (because one was missed on accident or you did not start in time), you can add any missed doses to the end of your 5-day REPAIR kit.

### **POST-CARE REPAIR**

You will begin your REPAIR kit the morning after your in-office treatment, which will help to shorten your recovery.

Apply your REPAIR EXOIE to dry skin, immediately after cleansing, morning, and night. Please allow 8-10 hours in between application of your Exo-E serums. For maximum absorption, please wait 15 minutes before applying your SPF.