

Post-treatment care – Sylfirm X & exosomes

Exosomes:

Leave the exosome solution on overnight. Avoid washing your face for at least 24 hours after treatment to maximize results.

Congratulations on Choosing Sylfirm X + Exosome Treatment

This advanced RF microneedling treatment, combined with Exosome Regenerative Complex, boosts collagen and elastin production, improves tone and texture, reduces pigmentation, tightens skin, and minimizes pores—all with minimal downtime. While some results may be visible early, optimal benefits appear after a series of 3 treatments spaced 4–6 weeks apart. Healing continues for weeks, so be patient and consistent.

What to Expect

First 24-72h

Your skin may feel sensitive

- Mild redness, swelling, or a warm sensation may occur, typically resolves within 1–3 days.
- Tiny scabs or rough texture may appear 24–72 hours post-treatment. Allow them to shed naturally– do not pick or exfoliate.
- Avoid sun, saunas, and workouts for 48 hours.
- No retinoids, acids, or exfoliants for at least 5 days.

Day 4-7

Your skin show signs of regeneration

- Gradually resume normal skincare. Avoid actives until skin is calm.
- Mild flaking may occur. Resume makeup if desired. Use SPF 50+

Day 7 on

Your skin will look and feel normal.

- The superficial layer of your skin will be healed, while the dermis still will be building collagen.

Daily care check list

- Gentle cleanse with lukewarm water.
- Apply provider-supplied serum and moisturizer.
- SPF 50+ daily; reapply if outdoors.
- Use flexible ice packs (15 min, 3-4×/day) if needed.
- Avoid sun, saunas, and workouts for 48 hours.
- No retinoids, acids, or exfoliants for at least 5 days.

Ongoing Support & Lifestyle Tips

- Stay hydrated and eat antioxidant-rich foods.
- Avoid smoking, alcohol, and stress to support healing.
- Book your next session in 4-6 weeks for best results.

When to Contact Us

- Persistent or severe pain/swelling after 72 hours.
- Signs of infection (oozing, blisters, fever).
- Concerns about pigmentation or prolonged redness.

Book
your next
appointment
here



Contact us

(630) 400-4194

www.drsaadaesthetics.com

Hinsdale

201 E Ogden Ave Suite 50,
Hinsdale, IL 60521

Orland Park

13500 Circle Dr., Suite 102,
Orland Park, IL 60462