



## EXO|E Skin Revitalizing Complex

### Pre and Post Instructions

*The following instructions will provide helpful information and guide you through your recovery. These are designed to be general guidelines. Remember, everyone recovers differently.*

### 3 Easy Steps

A complete and perfectly formulated set of active naturally occurring plant stem cell secretory factors to aid you in your healing time post procedure and elevate your treatment outcomes.

1. **D|TOX** (at-home) helps hydrate and prep your skin for your upcoming treatment.
2. **EXO|E** is a concentrated loading dose of stem cell factors, including extracellular nanoparticle technology "ENPT", liposomes, growth factors, anti-inflammatory factors, VegF and over 2,000 additional factors per application, leading to targeted results and desired outcomes. This step is applied in-office.
3. **RE|PAIR** (at-home) reinforces the work of EXO|E with ten additional applications of extracellular nanoparticle technology "ENPT", liposomes, and the full complement of stem cell factors found in nature's healing processes.

### INSTRUCTIONS FOR USE

#### **D|TOX:**

1. This product will be provided to you when you book your treatment and at the time of any additional treatments following (if multiple treatments are required).
2. You should discontinue the use of **any other skincare** products except for mild cleansers, moisturizer, and sunscreen while using D|TOX.
3. Cleanse your face with a mild cleanser, allow the face to dry, then apply one ampule of D|TOX to the treatment area, morning, and night, for the 5 days leading up to your in-office treatment.
4. You should avoid putting anything on your face for 15 mins post application to ensure the product has completely dried into skin.



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5. There will be an excess of product in each ampule. Feel free to cover your neck, chest and top of hands with the excess. Apply with caution, as the product has a liquid consistency and will drip easily.

*\*Please note: Your skin may appear pink following the application of these products. This is a normal reaction to the exosomes and you should not feel any discomfort.*

## **EXO|E:**

1. After the 5 days of D|TOX, you are ready for your EXO|E application in our office. A member of our team will apply this for you before or after your scheduled treatment.
2. If you cannot attend your treatment following your 5-day prep with D|TOX, please call our office for instructions on how to proceed.

## **RE|PAIR:**

1. This product will be given to you after your treatment is completed in our office and at the time of any additional treatments following (if multiple treatments are required).
2. Cleanse your face with a mild cleanser, allow the face to dry, then apply one ampule of RE|PAIR to the treatment area, morning, and night, for the 5 days following your in-office treatment.
3. You should avoid putting anything on your face for 15 mins post application to ensure the product has completely dried into skin.
4. There will be an excess of product in each ampule. Feel free to cover your neck, chest and top of hands with the excess. Apply with caution, as the product has a liquid consistency and will drip easily.

## **CONTACT THE OFFICE IMMEDIATELY IF YOU ARE EXPERIENCING REACTIONS, SUCH AS:**

- Moderate to severe swelling, burning or redness
- Itching that does not subside or resolve
- Rash-like skin appearance
- Pain

## **FOLLOW UP**

Please make your follow-up appointment by calling the office or as instructed by our team. If you have any problems before then, do not hesitate to call 207-835-4777 for assistance. **After hours, please call the office and press 7 when prompted to reach Dr. Holland directly.**