

# lachele

AESTHETICS & WELLNESS

## ExoMind Post Instructions

### **What to Expect During Your Treatment:**

ExoMind sessions typically last about 30 minutes.

You may feel tapping, pulsing, or mild muscle contractions in the scalp or facial muscles.

Some patients experience deep relaxation; others feel mentally alert.

You will remain awake and seated comfortably during the session.

### **Downtime:**

You may return to normal daily activities immediately after treatment. Driving, working, and exercising are generally safe unless otherwise advised. The following are mild or short lived:

Scalp tenderness or mild headache

Fatigue or mental fog

Increased emotional awareness

Mild jaw or facial muscle soreness

\*If symptoms persist beyond 24–48 hours or worsen, contact the office.

### **Hydration & Recovery:**

Drink plenty of water for the rest of the day.

Prioritize good sleep the night following treatment.

Stretching is encouraged.

### **Lifestyle**

Avoid alcohol for 24 hours after treatment.

Minimize excessive caffeine or stimulants on the day of treatment.

Mindfulness practices (walking, meditation, journaling) may enhance results.

### **Treatment Series and Results:**

ExoMind is most effective when performed as a series of treatments, as recommended by your provider. Some patients notice improvements in mood, clarity, or stress resilience after the first session.

Others experience gradual changes over several sessions.

Consistency is key for optimal outcomes.

### **Contact Our Office If:**

Severe or persistent headache.

New or worsening neurological symptoms.

Unusual emotional distress.

Any concerns about your response to treatment.

If you have any questions or concerns, please call our offices at (855) 522-4353 and follow the prompt for your desired location.

During off hours, call Dr. Espinoza's cell at (908) 303-5694.

You can also email us at [team@lachele.com](mailto:team@lachele.com)