

lachelé

AESTHETICS & WELLNESS

ExoMind Pre Instructions

ExoMind is a non-invasive neuromodulation treatment designed to support mental wellness by targeting specific areas of the brain involved in mood, focus, stress response, and emotional regulation. Please review the instructions below to ensure the best possible experience and outcomes.

General Preparation:

No fasting is required. You may eat and drink normally.
Stay well-hydrated on the day of treatment.
Wear comfortable clothing. Avoid tight collars or restrictive tops around the neck and shoulders.

Hair & Head Preparation: Arrive with clean, dry hair. Avoid applying hair products (gel, hairspray, oils, dry shampoo) on the day of treatment, as they can interfere with treatment delivery. Remove hair accessories, clips, pins, or extensions if possible.

Medications & Substances:

Continue your prescribed medications unless otherwise instructed by your provider.
Avoid alcohol for 24 hours prior to your appointment.
Limit caffeine intake the day of treatment, as excessive stimulation may affect how you feel during the session.

Safety & Medical Considerations. Please inform your provider before treatment if you:

Are pregnant or may be pregnant.
Have a history of seizures or epilepsy.
Have implanted electronic devices (e.g., pacemaker, neurostimulator).
Have metal implants in the head or neck area.
Have a history of traumatic brain injury or neurological disorder.

Absolute Contraindications. ExoMind should NOT be performed if you have:

A history of seizure disorder or epilepsy.
An implanted electronic medical device (e.g., pacemaker, defibrillator, deep brain stimulator, cochlear implant).
Metal implants in the head or neck region (excluding dental fillings).
Pregnant or plan to become pregnant.
Active neurological disease or unstable neurological condition.

Please notify your provider if you have:

History of traumatic brain injury (TBI) or concussion.
History of stroke or brain surgery.
Severe anxiety, bipolar disorder, or other psychiatric conditions.
Chronic migraines or frequent headaches.
Use of medications that lower seizure threshold.

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.

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