



EXOMIND

PRE AND POST CARE

PRE-TREATMENT INSTRUCTIONS:

To ensure the best results and a comfortable session:

Day of Treatment

- **Eat a normal meal** prior to your appointment (do not come in fasting)
- **Stay well hydrated**
- **Take your regular medications** unless otherwise instructed by your provider
- **Avoid alcohol or recreational substances** for at least 24 hours prior
- **Limit caffeine** if you are sensitive (it may increase jitteriness during treatment)

What to Wear / Bring

- Wear comfortable clothing
- Avoid hair products that may interfere with positioning (heavy gels, clips, etc.)
- Remove **ALL metal accessories** around the head/neck (earrings, hairpins, etc.)

Medical Considerations (Contraindications)

Please notify your provider if you have:

- A history of **seizures or epilepsy**
- **Implanted medical devices** (pacemaker, cochlear implant, etc.)
- Metal implants in or near the head
- Recent head injury or neurological condition
- Pregnancy or possibility of pregnancy

During Treatment (What to Expect)

- You will be seated comfortably in a chair
- A device will be positioned against your head
- You may feel **tapping or pulsing sensations** on the scalp
- Some patients notice mild facial muscle twitching during treatment
- Sessions are typically **20–30 minutes**

POST-TREATMENT INSTRUCTIONS:

Immediately After

- You may return to normal activities right away
- No downtime is required
- You may drive yourself home

Common, Temporary Side Effects

- Mild scalp sensitivity or tenderness
- Headache (usually mild and short-lived)
- Light fatigue or, occasionally, increased energy

What to Do After Treatment

- **Stay hydrated**
- Continue normal meals and medications
- Gentle activity is fine (walking, working, etc.)

What to Avoid (First 24 Hours)

- Excess alcohol
- Significant sleep deprivation
- High stress if possible (allow your body to integrate the treatment)

If you have any questions before or after your appointment, you can email us at info@ruma.com or call/text us at 801-514-7650.

Thank you for choosing RUMA Medical!