



BODY SCULPTING

PRE & POST CARE INSTRUCTIONS

PRE TREATMENT

- Arrive to your appointment well hydrated. Ideally, you should drink a minimum of 2 liters (about 4 16.9 FL OZ water bottles) of water 2 days before, the day of, and 4 days after your procedure. This will result in a more comfortable and efficacious treatment.
- If there is body hair in the area, shaving the area is preferable. Do not shave immediately prior to a session as that may cause sensitivity, please shave at least 1 day prior to session.
- Avoid heavy meals the day before and do NOT eat 2 hours before and 1 hour after treatment.
- Do NOT drink any alcohol, caffeine or carbonated beverages on the day of treatment
- All treatment sites should be clean with no lotions or other skin products.
- Wear comfortable clothing on the day of the procedure that can be easily removed and replaced without rubbing the treatment area.

POST TREATMENT

- Drinks lots of water – this is key!
- You might feel lightheaded or nauseous after the treatment. Drinking ample water or having a light meal can help alleviate any nausea.
- Use an ice pack to reduce swelling, bruising and stiffness.
- Do NOT drink any alcohol, caffeine or carbonated beverages for 48 hours after. (If you need caffeine, 1 cup is ok as long as you are well hydrated, but it is best to avoid alcohol so your liver can fully function to remove the fat)
- Engage in 30 minute light exercise, like walking, within 6 hours following treatment to stimulate lymphatic drainage.
- Avoid excessive heat exposure (sauna, hot tub, hot shower, etc.) for 24 hours.
- Continue to manage your appetite with healthy eating choices, do not increase your normal caloric intake during this high-metabolic state.