

Pre/Post Instructions for Body Contouring (Cavitation/Therma Sculpt/ToneSculpt EM) 2-21-24

Pre-Treatment Instructions

The pre-treatment advice is key to getting the best possible results from your treatment. It also helps prepare your body for the body contouring session. Having a body that is clean and prepared for treatment will maximize your results, therefore it is important they follow the guidelines given below:

- Increase water intake and aim to drink 2 liter's a day. (2-3 days prior to treatment)
- Cut back on toxins [i.e. Caffeine, Alcohol, Tobacco).
- Do NOT binge eat! / Do NOT drink alcohol the night before the session.
- Remove all jewelry and electronic devices prior to treatment
- You cannot receive treatment if you have any metal implants in the area, active cancer, heart/kidney problems, HIV/aids, lupus, pacemakers, drug pumps, are nursing, pregnant, breast feeding or have had a recent surgery in the 6 months.
- We cannot provide Cavitation, Microneedling or ToneSculpt treatments if you are menstruating. (Therma Sculpt treatment on the face is ok)
- Consult with your doctor if you are not sure about receiving any body contouring treatments.
- **For facial treatments** (in addition to the above)- Avoid chemical peels, waxing, sun exposure, any irritants to your skin, including products containing Retin-A, retinol, benzoyl peroxide, glycolic/salicylic acids, astringents, blood thinners (such as Motrin/Advil, and vitamin C, 5-7 days prior to treatment. Refrain from Botox or other cosmetic injectables, as well as dermal fillers 2 weeks prior. Avoid Accutane 6 months prior to appointment.
- Review all contraindications on the body contouring waiver prior to treatment.

Day Of Treatment

- Drink 1-2 liters of water (coffee, tea, cola DOES NOT count as water!).
- Wear comfortable clothing.
- Do NOT drink fizzy, carbonated drinks for 3-4 hours prior to the session.
- Eat a lite meal, avoid food and beverage one hour prior to service. Do NOT starve/avoid food as this will put the body into starvation mode causing it to store fat as opposed to shedding it.

Post-Treatment Instructions

The post-treatment advice is key to getting the best possible results from your treatment, you are strongly encouraged to follow these guidelines.

- Drink plenty of water after each treatment to assist in the flushing out of waste from the body.
- Cavitation- Exercise vigorously after treatment to help stimulate lymphatic activity. We recommend a 15-minute vibration session after cavitation in the spa. (If you are doing your vibration treatment same day 50% off).
- Cavitation and Therma Sculpt- Dry body brush twice daily (morning and evening) A dry brushing benefit is encouraging blood circulation and cell regeneration. Both of these actions promote internal detoxification which can aid in weight loss, cellulite reduction and the elimination of accumulated toxins. Brushing your skin when it's dry is the most important part.
- Avoid hot baths or showers, steam or heat treatments for 24 hours if you received RF in your treatment.
- Avoid alcohol for 48-72 hours after treatment.
- Post RF skin tightening- Do NOT undergo laser treatments, chemical peels, waxing, exfoliate, the use of depilatories, or microdermabrasion for 3-4 weeks after treatment.
- Apply SPF 30 daily after RF treatment.
- You could experience some possible tenderness, swelling, warmth, soreness and redness on the treated areas for a few days.
- **For Facial treatments** (in addition to the above)- Depilatory creams (wait 2 weeks), IPL or Laser (wait 2 weeks), Botox® (wait 5-7 days) or dermal fillers (wait 2 weeks). Wait 7 days before resuming the use of Retin-a (tretinoin), Renova, Differin, Tazorac, Ziana, Veltin, Atralin, glycolic acids or any other exfoliating agents such as a Clarisonic Brush.