



8201 Newman Ave #101 • Huntington Beach, CA 92647 • (855) MED- 1SPA

## **SCULPSURE PRE-TREATMENT / POST TREATMENT INSTRUCTIONS**

### **Pre-treatment instructions:**

- No sun exposure 7 days prior to the treatment.
- Increase hydration to 64 fluid ounces of water per day for at least 3 days before treatment and one week after treatment. Limit processed foods.
- Remove all creams or oils prior to treatment.
- Shave the area to be treated 24 hours before the procedure (if needed).

### **Post-treatment instructions:**

- May experience mild pinkness or redness, tenderness, swelling, pain, itching, and skin firmness.
- Tenderness may last up to two weeks and in some clients a bit longer.
- Use a cold or warm compress and/or acetaminophen to help relieve tenderness.
- Gently massage the area twice a day for 5-10 minutes.
- May resume normal daily activity including exercise immediately post- treatment.
- Encourage proper hydration (64 oz of water per day for 7 days) and light physical activity to help eliminate fat via the lymphatic system.
- Reduce sugar, dairy, sodas (diet or regular) and high glycemic index foods such as cereal and white flour products and processed foods. Increase raw vegetables and natural foods.
- Treatment should be combined with healthy diet and exercise.
- Results are gradual and no demarcation lines of treatment are visible. Treatment results should be assessed 10-12 weeks after the last treatment.
- Contact your physician/practitioner if you have any concerns about your treatment areas such as increasing tenderness or swelling several days after your treatment, or if you develop blisters, hardened areas or nodules.