



Treatment Instructions for BodyShape III

Disclaimer: You are not a candidate if have the following:

- *Pacemaker, implanted cardiac defibrillator, or other electromagnetic implanted devices*
- *Pregnant or breast feeding, or anticipated pregnancy during the treatment phase*
- *Metabolic disorders or are currently taking any medication that could affect fat metabolism*
- *Hepatitis or other liver diseases*
- *Immune system disease or connective tissue disorders*
- *History of poor wound healing, an open wound, or rash in the treatment area*
- *Keloids, hypertrophic scars, or depressed scars in the treatment area*
- *Blood or bleeding disorder*
- *Photo-sensitive medications, such as antibiotics*

Pre-Treatment Instructions:

- Avoid tanning or prolonged sun exposure 1 week before and 1 week after treatment.
- We recommend exfoliating the treatment area the night prior to the treatment.
- Avoid anti-inflammatory/blood thinning medications **10-14 days** prior to treatment. Medications such as: Aspirin, Vitamin E, Gingko Biloba, Ginseng, St. John's Wort, Omega 3/Fish Oil Supplements, Ibuprofen, Motrin, Advil, Aleve, and other NSAIDS have a blood thinning effect and can increase the risk of bruising, redness, and swelling.

Post-Treatment Instructions:

- Avoid excessive sweating or exercise for 48 hours post treatment. (i.e. hot tubs, saunas, etc.)
- Following a strict, balanced diet and exercise regimen will help your results last longer.

What To Expect:

- After treatment, the area may feel a warm sensation for hours after your treatment.
- It is normal for the skin to appear pink or welted for hours after the procedure. Please inform the office if the redness lasts longer than 3-days.
- Bruising and broken blood vessels may appear and will go away in time.
- Although rare, please inform the office immediately if a blister appears on the skin following treatment.

During the course of your treatments, it is imperative that you follow pre- and post-treatment instructions to achieve optimal results.