

Pre & Post Care Instructions

Vacuum/LED Technology, Cavitation, RF, Lipo Laser Treatments

PREPARING for your Body Sculpting Treatments

- Begin therapeutic hydration at least 24-48 hours before your first treatment: drink at least 64 ounces of water/day during the days leading up to your treatment (tea, soft drinks, juice, etc does not count in your 64 ounce totals)
- Avoid alcohol within 24 hours of your treatment; alcohol dehydrates your body and limits your liver's capabilities to eliminate fats, fluids, toxins
- Avoid taking anti-inflammatory medications such as Ibuprofen, Aleve, Aspirin, etc. for 2 days before your treatments
- Dress in comfortable clothes the day of your treatment
Pro Tip: You may be using ultrasound gel. It is water soluble and will not stain, but it bothers and worries clients. If you choose not to invest in disposable thong-bikini panties and disposable bras, instruct your client to wear older underwear each visit so they won't be worried about staining them; add that language within the foregoing bullet point.
- Avoid eating immediately prior to your appointment, but do not arrive with an empty stomach; it is ideal to eat a small meal 2-3 hours prior to your appointments
Pro Tip: Empty stomachs can lead to nausea when clients are undergoing body contouring treatments
- Arrive a few minutes prior to your appointment time to allow for time to complete any needed paperwork, and visit the restroom prior to your treatment

What to do AFTER your Body Sculpting treatments

- Continue to drink at least 64 ounces of water (not tea, soda, etc) each day throughout the treatment series
- Limit (preferably completely eliminate) alcohol during your treatment series. Alcohol can prevent your liver from working efficiently to remove fats, fluids, toxins. This can hinder the results of your treatments
- Start or continue a regular exercise regimen. We recommend walking 30 minutes a day at least 5 days a week
- Avoid taking anti-inflammatory medications such as Ibuprofen, Aleve, Aspirin, etc for 2 days following each treatment as this may hinder your results
- Maintain a healthy diet - low carb, low starch, low sugar - for best results
- Massage the treated area to stimulate lymph movement. Your treatment specialist will show you how to do this
- Use *the professional's choice* product during your massages to maximize your results

Pro Tip: If you are selling a home care product to boost body slimming and shaping, insert this here. Include the benefits of the product and directions here. If you are not incorporating a home care product, omit the last bullet point.

Do you have a **Vibration Platform**? Offering complimentary use of your Vibration Platform throughout your client's protocol series leads to improved results PLUS it will increase bonding, build trust, and even result in cross selling. We encourage you to offer it and include it as a bullet point in your Post Treatment Instructions.