

Body Contouring Pre and Post Treatment Instructions and Precautions

General Pre-Treatment Instructions and Precautions:

- Arrive to your appointment well hydrated. Ideally, you should hydrate 2 days before, the day of, and 4 days after your procedure. This will result in a more comfortable and efficacious treatment.
- Drink at least 16 oz of water one hour prior to the treatment and void your bladder before your appointment.
- Shave all areas to be treated.
- All treatment sites should be clean with no lotions or other skin products.
- Wear your own undergarments. Thong underwear is preferred if the buttocks are to be treated.
- Do not eat a large meal prior to treatment on the abdominal area
- Remove all body piercings on treatment areas prior to treatment. They may be put back immediately following treatment
- **VelaShape** is a light-based treatment; discontinue any photo-sensitive medication, supplements, and herbs at least 3 days prior to treatment. **Sun or chemically tanned skin will not be treated.**
- Completing a body cleanse during the beginning and then towards the end of your series of treatments can help flush toxins from your system and enhance results

Post Treatment Instructions:

All procedures:

- Body Contouring procedures typically have no downtime and side effects are rare. These procedures will increase the metabolism and circulation of the areas treated. Skin of the treated areas will be pink and slightly warm for several hours following treatment.
- Because of lymphatic drainage effect of the procedures, you may experience lightheadedness or nausea following treatment. This can also occur the morning after the first treatment. Drinking plenty of water or eating a small meal will help any nausea to subside.
- Bowel movements are normal soon after a treatment as the toxins in your system will be naturally flushed out.
- Using a cellulite cream to treat the epidermal layers of the skin is highly recommended. Creams can be applied after showering or after your treatment. Creams should be applied daily.
- It is highly recommended to keep treated skin protected with a 30+ SPF sunscreen and avoid excessive heat exposure (sauna, laser or pulse light treatment, etc.).
- Slight bruising may occur, especially if you have a predisposition to bruise easily. Bruising may occur during the first few treatments and but usually subsides rapidly. (Over)

Post-Treatment Instructions Continued:

All procedures:

- Although rare, the occurrence of a blister from treatment has been reported. If this happens, use topical over-the-counter antibiotic ointment to keep the area moist and prevent infection. Cover the area with a Band-Aid for 48 hours. Your next treatment may be delayed until the area is completely healed.

Exilis

- The removal of the self-adhesive grounding pad used in the **Exilis** treatment(s) exfoliates the skin. **You must avoid direct sun or tanning bed exposure to the site for 1 week and use a quality sunscreen SPF 30+ thereafter to protect the skin from sun damage.**
- You may experience transient erythema (redness) that will last from a few minutes to an hour or possibly longer.
- Your skin may feel warm immediately after the treatment, but this will dissipate quickly or may last for a few hours as deep tissue retains heat longer.
- Increased sensitivity to heat (very hot shower) may last for 24-48 hours after the treatment.
- You may have some tenderness in the area for a few hours or a day after.
- Stay well hydrated for 4 days after the treatment for better results.
Additionally, we encourage light physical activity after treatment to help with lymphatic flow.

Please call **Harmony Skin & Wellness Clinic** (970)282-8266 regarding any questions or concerns with your procedure.