



ULTRASHAPE®
Pre and Post
Treatment Information and Precautions

- **Refrain from drinking alcohol for 1 day prior to treatment and 5 days post treatment (this includes ALL 3 treatments in the 3 treatment series protocol).** Alcohol is always processed first by the liver and will slow or halt the processing of fat.
- **Add one squeezed (or minimum of ½) lemon to a 4oz glass of room temperature water in the morning throughout your treatment to 2-4 weeks after your last treatment.** Studies show that one squeezed lemon in the morning has numerous health benefits, but specifically it helps to speed metabolism, aids the digestive system and makes the process of eliminating the waste products from the body easier.
- **Drink a minimum of 8 x 8 oz. glasses of water a day.** It is a well-known fact that water consumption contributes and facilitates the fat clearance metabolic pathway. Consuming enough water reduces hunger, increases metabolism and stimulates circulation.
- **Reduce your intake of sugary snacks, pop/sodas, fatty foods and limit intake of refined carbohydrates (pasta, rice and white bread) to one per day.** These items are very high in sugar which converts into fat. Eating these items will slow the process or negate your results. Instead, eat wholegrain versions – research shows eating wholegrain facilitates fat loss.
- **Eat lots of vegetables** – Vegetables are loaded with fiber that keeps you feeling full and keeps the flow of sugar in the bloodstream slow and steady, so less insulin is released. (Insulin promotes the storage of body fat).
- **Don't Skip meals-** Skipping meals slows down your metabolism which may affect the rate at which the fat is released post procedure.
- **If you need to reschedule your appointment, please do so 48 hours in advance. We have reserved the room; technician and UltraShape machine for up to 2 hours for your procedure. Cancellations on the day of the treatment will result in a forfeit of one of your treatments.**

The Day of Your Procedure

- Plan on being at **Harmony Skin & Wellness Clinic** for 2 to 3 hours.
- Be well hydrated the day of your procedure(s).
- Do not eat a large meal prior to treatment on the abdominal area.
- Arrive to your appointment with the treatment site clean and free of lotions, perfumes, etc.
- Remove all jewelry from piercings in the treatment site before your appointment
- Wear a white or nude colored sports bra and white or nude colored underpants to each of your treatments.
- Wear comfortable clothing that can be removed easily (i.e. sweat pants and a t-shirt).
- On the day of your first procedure and then again 2 weeks after your last procedure; you will be weighed, measured and photographed.
- Please use the restroom before your treatment begins.
- Bring an iPod if you wish to listen to music during your procedure.
- After a treatment you may experience a temporary change in bowel habits as toxins and fractured fat cells naturally flush from your system.