

## PRE-TREATMENT / POST-TREATMENT INSTRUCTIONS

### SculpSure® Pre-treatment instructions:

- Avoid direct sun exposure to the treatment area 7 days before the treatment.
- Shower or bathe the day of treatment to prepare your skin for your SculpSure treatment. Your skin must be free of all lotions, creams and body oils.
- It's a good idea to eat a small meal and drink a glass or two of water before your SculpSure treatment.
- If you have very thick hair in the treatment areas, please trim or shave the areas at home before your SculpSure appointment.
- Be sure to discuss your medical history and medications you take with your treatment provider.

### SculpSure post-treatment instructions:

- You may experience mildly pink or red skin, tenderness or discomfort, swelling, tissue firmness or nodules in the treated areas. These are all expected side effects which usually resolve without medical intervention.
- Tenderness may occur as early as the day of treatment and can last two weeks or even longer.
- If needed, use a cold compress and/or acetaminophen to help relieve tenderness.
- Gently massage the area twice a day for 5-10 minutes. Massage should be continued until your next treatment or for 12 weeks if you have only one treatment.
- You may resume your normal daily activities, including exercise, immediately after your SculpSure treatment.
- Staying well hydrated and engaging in light physical activity helps mobilize the disrupted fat for processing through the lymphatic system. We encourage you to drink at least 6-8 glasses of water a day and take a daily walk or continue your regular exercise routine.
- Contact your physician 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.