



truFlex Pre and Post Treatment Instructions

Please note: Hydration, a balanced diet, and exercise are key to achieving the best results possible!

Before your treatment:

- ***Please shave any areas you may want to treat prior to coming in for your appointment.***
- Be well hydrated prior to treatment.
- Body piercings may need to be removed if under or near the treatment area.
- Do not exercise within the 12 hours prior to treatment, as it may affect your tolerability of the treatment.
- Notify the clinic of any changes to your health history or medications since your last appointment.
- Contraindications (patients who are not candidates) to treatment include:
 - Cardiac pacemakers, defibrillators, implanted metallic or electronic devices
 - Epilepsy
 - Active Cancerous lesions
 - Acute trauma or fracture
 - Recent surgical procedures
 - Abdominal or inguinal hernia
 - Critical ischemia of lower limbs
 - Blood flow deficiencies/venous thrombosis

After your treatment:

- Frequent urination and/or bowel stimulation may be caused by the procedure.
- Tingling/Numbness in the areas treated up to a few hours after procedure.
- Slight muscle soreness/tenderness 24-72 hours after procedure is to be expected.
- You may experience random muscle contraction after procedure for 24-72 hours.
- Increase in metabolic rate results in feeling hungry more frequently. Please be aware of this fact and DO NOT overeat.
 - Consider eating high protein foods immediately after treatment to promote muscle building.
- Burns beneath the electrodes have been reported with the use of powered muscle stimulators. If this occurs, please call our office for wound management instruction.

If you have any questions or concerns following your treatment, please contact the office.

Please remember to book your follow up sessions. It is recommended that you book 4-6 sessions over a 2-3 week period for the best results.

We would love to hear about your recent visit. Your feedback is incredibly valuable as we strive to provide our clients with the best medical care. Please share your positive experience on Google.