



## truSculpt Pre and Post Treatment Instructions

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

### Before your treatment:

- Drink lots of water and be hydrated before the treatment.
- **Please shave any areas you may want to treat prior to coming in for your appointment (excess hair can cause burns)**
- Avoid applying lotions or creams to the treatment area.
- Remove any body piercings in the area to be treated before your appointment.
- Refrain from alcoholic beverages, caffeine, and fatty foods during the treatment regimen.
- Please notify us of any medical conditions or health changes since your last appointment.
- Contraindications (patients who are not candidates) to treatment include but are not limited to:
  - Cardiac pacemakers or internal defibrillators, implanted devices, including metallic implants and electronic implants
  - Untreated Hernia or repaired Hernia with metal mesh, in area of treatment
  - Pregnancy and breastfeeding
  - History of Myocardial Arrhythmia or Epilepsy
  - Treatment over active wounds, surgical sites, and piercings
  - Active cancer or malignant tissue near the site of treatment

### After your treatment:

- Redness and swelling in the treated area may occur, this will resolve in a few days.
- You may return to work or any other normal activities immediately after treatment.
- Drink Lots of fluids and eat sufficient protein following your treatment.
- Multiple treatments may be required for optimal results.
- It is important to maintain a healthy diet and exercise program following your treatment.
- 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.
- Palpable nodules that are tender to touch or lumps in the treatment area may develop in the treated area up to 72 hours following treatment, and typically resolve over several weeks.
  - Subjects from CUTERA clinical study were advised to gently massage the nodules for 2-5 minutes twice daily
- Notify clinic if any of the following occur:
  - Blister, crusting or skin burns
  - Tenderness, redness or swelling persisting longer than a few days
  - Nodules that are tender to touch or lumps in the treatment area that last longer than 4 weeks
    - These may develop up to 72 hours post-treatment and typically resolve over several weeks. You can massage the area 2-3 times a day to help speed up this process.

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

*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.*