



## **SCULPSURE® PRE-TREATMENT AND POST-TREATMENT INSTRUCTIONS**

### **SculpSure® Pre-Treatment Instructions**

- Avoid direct sun exposure to the treatment area seven (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 make-up, 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.
- Remove all jewelry and piercings pertinent to the treatment area.
- If you have very thick hair in the treatment area(s), please shave the area(S) 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 area(s). These are all expected and normal 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 and/or Ibuprofen/Motrin/Advil to help relieve tenderness.
- For body areas, if nodules occur, they typically last for days or six (6) months or longer, depending on the size of the nodule. While uncommon, some nodules may be permanent.
- Gently massage the area twice a day for 5-10 minutes. Massage should be continued for at least two (2) weeks.

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.
- For inner thigh post-treatment, avoid crossing legs until any tenderness has resolved.
- For submental post-treatment, the client should elevate treatment area on pillows while sleeping.
- Contact us 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.