

## **EMSCULPT PRE- AND POST TREATMENT INSTRUCTIONS:**

### **PRE-APPOINTMENT**

- Wear comfortable clothing so the treatment area is easily accessible.
- Remove all jewelry and electronic devices from your person. We recommend bringing a book or magazine (without staples) to occupy your time during your treatment.
- Be sure to notify us if you have a pacemaker and/or any metal implants or fillings.
- Be sure to notify us if you are pregnant or breastfeeding
- Be sure to notify us if you have had any surgeries in the past year, including C-section

### **POST APPOINTMENT**

You may resume your normal activities.

Some muscle soreness may occur– they just got a pretty good workout! Some tenderness in the area is normal.

Stay hydrated and do some gentle stretching.

For the best results, maintain a healthy lifestyle with a good diet and regular exercise to maintain results. Emsculpt is about building muscle so help your body along by eating lean protein and green vegetables.

Schedule your next session. We recommend 4 treatments in two week for best results, unless otherwise advised by our medical professionals.