

Post-Treatment SculpSure Instructions:

- May experience mild pinkness or redness, tenderness, swelling, pain, itching, and skin firmness.
- Tenderness may last up to two weeks and in some clients a bit longer.
- Use a cold compress and/or acetaminophen to help relieve tenderness.
- Gently massage the area twice a day for 5-10 minutes.
- May resume normal activity including exercise immediately post-treatment.
- Encourage proper hydration and light physical activity to help mobilize fat via lymphatic system.
- Avoid OTC anti-inflammatory medication such as Ibuprofen, Aleve, or turmeric supplements unless absolutely necessary, these will slow down the process of removing the dead fat cells.
- Contact your physician if you have any concerns about your treatment areas such as increasing tenderness or swelling several days after your treatment, if you develop blister, or hardened areas of nodules.
- It takes 12 weeks for your body to flush out the destroyed fat cells, 2nd and subsequent treatments may be done at 6 weeks. Some may see visible changes sooner than 12 weeks.
- Maintain your health eating, weight and exercise habits. Remember you can still make your present fat cells larger by indulging and inactivity.