

# THUZZLE BODY & JAWLINE CONTOURING

## Treatment Preparation

Pre-treatment preparation and post-treatment care are vital steps of your Thuzzle treatments. In order to ensure a safe treatment and to get the best results, please follow all advice provided and reach out to your treatment provider if you have any questions. Failure to follow the below advice may increase the risk of undesirable effects.

### TREATMENT PREPARATION

#### DAILY

- A sunscreen with SPF 30 or greater should be applied to protect against UV damage.
- Follow your prescribed homecare routine as advised by your treatment provider.

#### 4 WEEKS PRE-TREATMENT

- Avoid the use of fake tan and gradual tanning creams in the area to be treated.
- Avoid tanning and incidental sun exposure, including tanning beds/booths (including between treatments).
- Avoid Botox or filler injections in the treatment area.

#### 2 WEEKS PRE-TREATMENT

- Prepare the skin with suitable skincare. This will include a tyrosinase inhibitor for Fitzpatrick Skin Types III + and any skin prone to post-inflammatory hyperpigmentation (PIHP). Your treatment provider will advise you of your skincare recommendations.
- Avoid prescription-strength exfoliant creams on the treatment area.

#### 1 WEEK PRE-TREATMENT

- Avoid hair removal (waxing, threading, plucking, electrolysis).
- Avoid harsh exfoliation (AHA's, BHA's, mechanical exfoliants) and benzoyl peroxide application.

#### 24 - 72 hours PRE-TREATMENT

Avoid Active Skincare ingredients (vitamins A & C).

#### 48 hours PRE-TREATMENT

- Very gently exfoliate the treatment area.
- Shave the treatment area if required.

#### 24 hours PRE-TREATMENT

- Avoid exercise, excessive sweating, hot showers, spas, saunas and pools (24 hours)
- To ensure your body responds well to your Thuzzle treatment, at least 2 litres of water should be consumed over a 24-hour period before the treatment.
- To achieve optimal results, a low calorie, low carbohydrate, low fat, and low sugar diet 24hrs pre-treatment will ensure your body utilizes the triglycerides released by the fat reduction process. For best results, this diet should be followed ongoing.

#### 1 DAY PRE-TREATMENT

Avoid exercise, excessive sweating, hot showers, spas, saunas and pools (24 hours)

### IMPORTANT

Throughout your treatment course, it is important to advise your treatment provider of any of the following:

- Sun exposure or fake tan application on the treatment area within the past 4 weeks
- Any new health conditions, or if you have been unwell
- Commencing any new medication (including short term doses)
- Changes to current medications or supplements
- If you are trying to become, or become pregnant
- Lymphatic drainage, a circulatory system-enhancing form of massage, will also help release toxins from the body. Ask your treatment clinician for information on the lymphatic drainage services they offer as part of their treatment plan.



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## What to Expect

### DURING THE TREATMENT

- **Moderate warmth:** Some clients can feel mild warmth during this treatment. This is due to the constant movements/friction from the handpiece, along with the energy that the handpiece is emitting. Treatment should feel similar to a hot stone massage.
- **Tingling / Itchiness**

### IMMEDIATELY AFTER THE TREATMENT

- Mild warmth and redness similar to a sunburn sensation
- Mild swelling
- Itchy or dry skin

## Aftercare

### DAILY:

1. Use sunscreen with SPF 30 or greater should be applied.
2. Avoid sun exposure to treated areas.
3. Follow your prescribed homecare routine as advised by your treatment provider.
4. Avoid picking at or peeling the skin.

### FOR THE FIRST 24 HOURS POST-TREATMENT:

1. Avoid exercise, excessive sweating, hot showers, spas, saunas and pools.
2. Avoid makeup application.
3. Avoid hot showers and baths.
4. Avoid active Skincare ingredients (Vitamin A & C) (24-72 hours).
5. Application of chilled aloe vera gel if the area is warm or has small, red bumps. Replace with recommended skincare when the area is no longer warm and any small bumps have disappeared.
6. Do not cool the area with cold packs unless otherwise advised.
7. The release of energy into your body can also release any toxins stored in the fat, which will naturally filter out of your system following treatment. 1.5 litres of water should be consumed within 24 hours post-treatment to assist the detoxification process.

### UP TO 1 WEEK POST-TREATMENT:

1. Avoid antiwrinkle injections and filler
2. Avoid exfoliation (AHA's, BHA's, mechanical exfoliants)
3. Avoid hair removal (waxing, threading, plucking, IPL)



IMPORTANT

- **Contact your treatment provider if you notice any unusual reactions**
- **Your treatment provider will advise your treatment schedule. It is important to adhere to this regime for best results.**
- **Maintenance treatments will be required and will be ongoing**