BODY SCULPTING

Before non-invasive body contouring, hydrate well, shave any hair from the treatment area, avoid large meals before abdominal treatments, and wear loose-fitting clothes. After the procedure, continue to hydrate, maintain a healthy diet and exercise, follow any specific aftercare instructions, and be patient as results develop. Always consult your provider for personalized instructions.

Before the procedure

- Hydrate: Drink plenty of water for at least two days before your appointment, as well as the day of.
- Shave: Shave any hair in the treatment area before you arrive.
- Avoid certain products: Do not apply lotions or other skin products to the treatment area on the day of your appointment.
- Wear comfortable clothes: Dress in comfortable, loose-fitting clothing. You may want to wear a button-up shirt if your abdomen is being treated.
- Avoid large meals: If your abdomen is being treated, avoid a large meal beforehand.
- Remove piercings: Take out any body piercings in the treatment area before the procedure.
- Check with your provider: Discuss any medications, supplements, or herbs you are taking with your practitioner. They may ask you to discontinue certain ones, like blood thinners, aspirin, or photosensitive medications.

After the procedure

- Stay hydrated: Continue to drink plenty of water to help your body flush out toxins and support the healing process.
- Maintain a healthy lifestyle: Continue with a balanced diet and regular exercise. Body contouring is not a substitute for a healthy lifestyle, and results are best maintained with these habits.
- Follow aftercare instructions: Adhere to any specific guidelines from your practitioner,

such as avoiding strenuous activity for a period or applying topical treatments as directed.

- Be patient: Results appear gradually, often over several weeks or months, as your body eliminates the targeted fat cells.
- Attend follow-ups: Keep any scheduled follow-up appointments to track your progress and get additional guidance.
- Use compression: Your provider may recommend compression garments to support the treated area.