








Body Sculpting Pre-treatment Instructions

How to best prepare for your treatment

- Ensure your body is hydrated. You will want to ensure you drink at least 2 liters of water before your treatment. 
- Refrain from ANY alcohol consumption at least 48-72 hours PRIOR to treatment. 
- Avoid eating 2 hours prior to treatment 
- Refrain from caffeine for 3-4 days prior to your treatment. If you can not refrain you should minimize as much as possible and if you have caffeine drink the same amount in water, plus daily intake. 
- Refrain from aspirin, ibuprofen, or other inflammatory products for 48 hrs 
- If you are on a steroid medication, please call the office immediately 770-629-3399.
- If you are less than 3 days from your menstrual cycle or on your cycle. Please call the office immediately 770-629-3399. Your appointment will be rescheduled.

For optimal results follow pre treatment recommendations