




Pre & Post - Treatment Care

Laser (Hair & Tattoo Removal): **Pre-Treatment** Care Instructions

- **Avoid Sun Exposure:** Stay out of the sun and avoid tanning (including tanning beds) for at least 4 weeks before your treatment. Use a broad-spectrum SPF 30 or higher daily.
- **Discontinue Certain Medications:** Inform your provider about any medications you are taking. Avoid blood-thinning medications, such as aspirin, for a few days before treatment if advised by your provider.
- **Stop Using Certain Products:** Cease using retinoids, glycolic acid, and other exfoliating products 1-2 weeks before your treatment.
- **Shave the Treatment Area:** Shave the area to be treated 24 hours before your appointment. Do not wax, pluck, or use depilatory creams for at least 4 weeks before treatment.
- **Stay Hydrated:** Drink plenty of water in the days leading up to your treatment.
- **Remove Makeup and Skincare Products:** On the day of your treatment, ensure the area is clean and free of any makeup, lotion, or other skincare products.
- **Wear Comfortable Clothing:** Dress in loose, comfortable clothing that will not irritate the treatment area.

Laser (Hair & Tattoo Removal): **Post-Treatment** Care Instructions

- **Cool the Area:** Apply a cool compress or ice pack to the treated area for 10-15 minutes every hour as needed to reduce redness and swelling.
 - **Avoid Sun Exposure:** Continue to avoid sun exposure and use a broad-spectrum SPF 30 or higher daily. Wear protective clothing if you need to be outdoors.
 - **Avoid Heat:** Refrain from hot showers, saunas, hot tubs, and excessive sweating (e.g., vigorous exercise) for at least 24-48 hours after treatment.
 - **Moisturize:** Use a gentle, non-irritating moisturizer to keep the treated area hydrated.
 - **Do Not Pick or Scratch:** Avoid picking, scratching, or rubbing the treated area to prevent irritation and infection.
 - **Avoid Certain Products:** Continue to avoid retinoids, glycolic acid, and other exfoliating products for at least one week post-treatment.
 - **Stay Hydrated:** Drink plenty of water to help your skin heal and recover.
 - **Follow-Up Appointments:** Adhere to any follow-up appointment schedules provided by your practitioner for optimal results and to address any concerns.
 - **Monitor for Side Effects:** Watch for any unusual side effects such as blistering, prolonged redness, or signs of infection, and contact your provider if they occur.
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Fat Freeze: **Pre-Treatment** Care Instructions


- **Consultation:** Schedule a consultation to discuss your medical history, treatment goals, and any potential contraindications with your provider.
- **Maintain a Stable Weight:** Try to maintain a stable weight before your treatment for the best results.
- **Stay Hydrated:** Drink plenty of water in the days leading up to your treatment.
- **Avoid Anti-Inflammatory Medications:** Refrain from taking anti-inflammatory medications such as aspirin and ibuprofen for at least 1 week before your treatment unless advised otherwise by your provider.
- **Avoid Alcohol:** Limit alcohol consumption for a few days before your treatment to reduce the risk of bruising.
- **Wear Comfortable Clothing:** Dress in loose, comfortable clothing that will not irritate the treatment area.
- **Eat Light:** Have a light meal or snack before your appointment to avoid feeling faint during the procedure.

Fat Freeze: **Post-Treatment** Care Instructions

- **Massage the Area:** Gently massage the treated area for 5-10 minutes several times a day for the first week to help break down the fat cells.
- **Stay Hydrated:** Continue to drink plenty of water to help flush out the destroyed fat cells.
- **Avoid Heat and Cold Exposure:** Refrain from exposing the treated area to extreme heat or cold (e.g., hot baths, saunas, ice packs) for at least 24 hours post-treatment.
- **Wear Compression Garments:** If recommended by your provider, wear compression garments to help reduce swelling and support the treated area.
- **Avoid Anti-Inflammatory Medications:** Continue to avoid anti-inflammatory medications such as aspirin and ibuprofen for a few days after the treatment to ensure optimal fat reduction.
- **Avoid Alcohol:** Limit alcohol consumption for a few days post-treatment to aid in the fat elimination process.
- **Monitor for Side Effects:** Expect some redness, swelling, bruising, or numbness in the treated area, which should resolve within a few days to weeks. Contact your provider if you experience severe pain, blistering, or prolonged side effects.
- **Maintain a Healthy Lifestyle:** Follow a balanced diet and regular exercise routine to enhance and maintain your results.

EMS (Electromagnetic Muscle Stimulation): **Pre-Treatment** Care Instructions

- **Consultation:** Schedule a consultation to discuss your medical history, treatment goals, and any potential contraindications with your provider.
 - **Hydrate:** Drink plenty of water in the days leading up to your treatment to ensure your muscles are well-hydrated.
 - **Eat Light:** Have a light meal or snack before your appointment to avoid feeling faint during the procedure.
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- **Avoid Heavy Exercise:** Refrain from intense physical exercise on the day of your treatment to prevent muscle fatigue.
 - **Clothing:** Wear loose, comfortable clothing that allows easy access to the treatment area.
 - **Avoid Lotions and Oils:** Ensure the treatment area is clean and free from lotions, oils, or other skincare products.

EMS (Electromagnetic Muscle Stimulation): **Post-Treatment** Care Instructions

- **Hydrate:** Continue to drink plenty of water post-treatment to help flush out toxins released during muscle contractions.
- **Rest and Recovery:** Allow your muscles to rest and recover after the treatment. Avoid intense physical activity for at least 24 hours.
- **Mild Discomfort:** Expect some mild soreness or muscle fatigue, similar to the feeling after a workout. This should resolve within a day or two.
- **Gentle Stretching:** Engage in gentle stretching exercises to help alleviate any discomfort and promote muscle recovery.
- **Balanced Diet:** Maintain a balanced diet to support muscle repair and overall health.
- **Avoid Alcohol:** Limit alcohol consumption for a few days post-treatment to aid in muscle recovery and hydration.
- **Monitor for Side Effects:** Watch for any unusual side effects such as severe pain, swelling, or bruising, and contact your provider if they occur.
- **Follow-Up Treatments:** Attend all recommended follow-up treatments as advised by your provider to achieve optimal results.
- **Healthy Lifestyle:** Incorporate regular exercise and a healthy diet into your routine to maintain and enhance the results of your EMS treatments.