

S A P P H I R E

Skin . Body . Sculpting

Body Sculpting

What to Expect After Treatment

- **Redness:** Mild redness in the treated area is common immediately after the procedure and usually subsides within a few hours.
- **Swelling, Tingling, or Tenderness:** Some clients may experience slight swelling, tingling, or sensitivity to touch for several days to a few weeks. These effects are generally mild and temporary.
- **Numbness or Muscle Weakness (Rare):** In rare cases, temporary inflammation of sensory or motor nerves may result in localised numbness or muscle weakness, which typically resolves on its own within days or weeks.

Recommended Aftercare

- ✓ Apply a cold compress or soothing gel if you experience redness, swelling, or discomfort.
- ✓ Use only gentle skincare products; avoid active ingredients such as retinoids, acids, or exfoliants for 3–5 days.
- ✓ Keep the treated area clean and avoid applying makeup or harsh products for at least 24 hours.
- ✓ Stay well-hydrated and consume a balanced diet to support your skin's natural healing and collagen production.
- ✓ Apply a broad-spectrum SPF daily to protect the skin and reduce the risk of pigmentation changes.

What to Avoid

- ✗ Avoid direct sun exposure, hot tubs, saunas, and steam rooms for 48 hours after treatment.
 - ✗ Refrain from alcohol, smoking, and excessive caffeine, as these can impair healing and affect your results.
 - ✗ Avoid intense physical activity or heavy exercise for 24 hours post-treatment.
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Risks and Side Effects

Most side effects are mild and short-term, but rare complications can include:

- Burns, possibly leading to blistering, scabbing, or temporary/persistent pigmentation changes
- Bruising, pain, or welts in the treated area
- Extended numbness, discomfort, or delayed skin responses
- Rare damage to the natural skin structure
- Late-onset reactions that may appear several days post-treatment

👉 If you experience any unusual or prolonged symptoms, please contact the clinic immediately.

Results & Expectations

- Noticeable results are typically achieved after **a course of 6 treatments**, spaced **once per week**.
- Improvements develop gradually as collagen rebuilds and the body responds to treatment.
- Optimal results may take time and vary depending on individual skin condition, age, and lifestyle.
- This is a **non-surgical, non-invasive** treatment and is not intended to replace surgical procedures.
- Some individuals may require additional sessions beyond the initial course to reach their desired outcome.

For Best Results

- Follow a healthy lifestyle with balanced nutrition and regular exercise.
- Avoid smoking and limit alcohol to support long-term collagen health and skin vitality.
- Stay hydrated

If you have any concerns or questions post-treatment, please don't hesitate to contact us. Your safety and satisfaction are our priority.