

EMSELLA

Pre and Post Treatment Guide

Pre Treatment Care

- A few days before: Stay well hydrated to maximize results! On average, healthy adults should try to drink at least 1/2 their body weight in ounces each day. We offer in house IV hydration if you'd like a boost in the days leading up to your treatment. Try to avoid smoking, alcohol, coffee, and tea. Maintain a healthy diet and avoid any activities that may result in a sunburn.
- Day of: Avoid excessive cardio the morning of your treatment. Remove jewelry and any metal items on your person such as keys, coins, belt, etc from your person. Wear something comfortable, metal free, and easy to move your legs in. Bring a change of clothes in case there are any accidents.
- If you arrive to your appointment in clothing that cannot accommodate the treatment or without extra clothing for accidents, you may be asked to reschedule and subject to the cosmetics no show fee.

Post Treatment Care

- To ensure and maintain best results:
 - Stay hydrated! Keep your body and skin hydrated with moisturizers, appropriate fluid intake, etc.
 - On average, healthy adults should try to drink at least 1/2 their body weight in ounces each day. We offer in house IV hydration if you'd like a boost after your treatment. Try to avoid smoking, alcohol, coffee, and tea. Maintain a healthy diet and avoid any activities that may result in a sunburn.

If any questions or concerns arise please contact our office without hesitation.

Call or Text: (305) 872-3321
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