

## VELASHAPE PRE-TREATMENT CARE INSTRUCTIONS

Because your VelaShape™ procedure is completely non-invasive, there is not much that you need to do in preparation. Our main recommendations are as follows:

- Avoid use of blood thinning drugs like aspirin, Vitamin E, Gingko Biloba for two days before and after your treatment.
- Cannot be pregnant or breastfeeding to receive treatment.
- Any health conditions must be disclosed prior to treatment.
- Shower prior to treatment.
- We need your skin to be dry and clean, so please make sure you do not put lotions, tanning lotions etc,
- Avoid lotion or moisturizer applications in areas treated prior to appointment.
- Wear loose fitting clothes – the discomfort that you will experience during and after your appointment will be similar to a mild sunburn. As such, you should avoid wearing tight fitting jeans or similar pant.
- Do not eat a big meal prior to treatment – VelaShape works best on skin that is not taut. Therefore, if you have decided on VelaShape treatments for your stomach area, you should eat a small meal two or more hours prior to your appointment time
- Drink plenty of water for two or three days prior to your appointment – the VelaShape procedure breaks down fat cells so that they may be metabolized by the body and excreted. When your body is fully hydrated, this metabolism process is enhanced.
- If you are taking any prescription medications or if you have recently undergone any surgical procedures, please make those facts known to your wellness and aesthetic counselor. While VelaShape is appropriate for most patients, it is a medical procedure
- Following your VelaShape session, you are free to resume regular activities as you wish. We generally recommend that you avoid strenuous exercise the day of your treatment and perhaps for a day or two thereafter. Any residual soreness you feel should be over within 48 to 72 hours.

Following treatment, we recommend that you drink plenty of water to aid in the metabolism of broken down fat cells

Following treatment, we suggest that you avoid large meals that might expand your stomach – instead eat five or six small meals per day for the two or three days following treatment.