



### Pre-Treatment Instructions for SculpSure™

- Avoid direct sun exposure to the treatment area 7 days before the treatment.
- Shower or bathe the day of treatment to prepare your skin for your SculpSure treatment. Your skin must be free of all lotions, creams, and body oils.
- It's a good idea to eat a small meal and drink a glass or two of water before your SculpSure treatment.
- If you have very thick hair in the treatment area, please trim or shave the areas at home before your SculpSure treatment.
- Be sure to discuss your medical history and the medications you take with your treatment provider.
- Wear comfortable clothing on the day of the procedure. Workout clothing works well since it is stretchy.
- Do not tan the areas to be treated for 1 week prior to treatment. Wear SPF 30 or higher sunscreen on the areas if you are exposed to the sun. Complications from the laser are greatly increased if your skin is recently tanned or sunburned.
- Avoid aspirin, ibuprofen (Advil, Motrin), and Aleve (naproxen) for 10 days prior to treatment and after treatment. Since the laser causes inflammation when the fat cells are destroyed (which we believe may also help tighten the skin over the fat), we do not want to decrease that inflammatory process.
- The laser is destroying fat cells, you can expect moderate pain (like a deep sensation of warmth) or discomfort during the procedure. This heat sensation will occur in waves over about 20 to 25 minutes of the procedure. We encourage you to bring your cell phone or your favorite book with you as well as headphones to use during the treatment. This may help diminish and distract from the discomfort. Depending on the areas treated, you will have a 25-minute session or two 25-minute sessions done back-to-back.

826 Main Street, Klamath Falls, OR, 97601

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Post-treatment instructions for SculpSure™

- You may experience mildly pink or red skin, tenderness or discomfort, swelling, tissue firmness, or nodules in the treated areas. These are all expected side effects, which usually resolve without medical intervention.
- Tenderness may occur as early as the day of treatment and can last two weeks and in some clients a bit longer.
- If needed, use a cold compress and/or acetaminophen to help relieve tenderness.
- Gently massage the area twice a day for 5-10 minutes. Massage should be continued until your next treatment or for 12 weeks if you have only one treatment.
- You may resume normal daily activity including exercise immediately after your SculpSure treatment.
- Staying hydrated and engaging in light physical activity helps mobilize the disrupted fat for processing through the lymphatic system. We encourage you to drink at least 6-8 glasses of water a day and take a daily walk or continue your regular exercise routine.
- Contact us if you have any concerns about your treatment areas such as increasing tenderness or swelling several days after your treatment, or if you develop blisters, hardened areas, or nodules.

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