

BODYFX/ MINIFX

PRE AND POST CARE



PRE-TREATMENT CARE:

- Freshly shave any treatment areas if necessary.
- Avoid eating 2 hours prior to treatment if you are treating your stomach/ abdomen area.
- Drink (1 gallon) of water per day and follow a low fat diet to maximize your results.
- Avoid aspirin or anticoagulants if possible as they may cause bruising with a suction device.
- Unprotected sun exposure to the treatment area 2 weeks prior to treatment can result in complications such as skin burns. SPF 30 is required on the treatment area if it is exposed to the sun.
- Avoid creams, moisturizers, self tanners and other topical products on the area to be treated.
- Discontinue the use of Accutane for six (6) months prior to treatment.
- If you are pregnant, we will need to postpone your treatment. You can resume your treatment 3 months after delivery with a release from your doctor.
- You must wait 3 months after liposuction to begin treatments; a release from your doctor is required.
- Avoid the use of Retin-A or any acids that may be irritating to the treatment area 3 days prior to treatment.
- Please note that you may be more sensitive to a treatment if you are premenstrual or menstruating.
- If you are on antibiotics, you must have had your last dose 10 days prior to treatment.
- The use of certain medications causing sensitivity to sunlight, (photosensitive) should be avoided, please contact us if you are not sure if your medication is photosensitive. Photosensitive medications may cause skin burns.
- If the area to be treated is irritated, non-intact or bruised, we will postpone your treatment until your skin is healed.

Pre-treatment instructions must be followed to avoid any complications. Please contact the office prior to your appointment with questions or concerns regarding your treatment.

PRE-TREATMENT CARE:

- Drink (1 gallon) of water throughout the day and follow a low fat diet to maximize your results.
- Walking for 30 minutes will benefit your body's response to this treatment.
- The treatment area should not be exposed to the sun. SPF 30 or higher should be applied whenever exposed to the sun.
- Immediately following treatment, the area may show a slight erythema (redness) and/or edema (swelling). Itching is possible as well- all of which are completely normal.
- Bruising or crusting of the skin may occur. This is possible, however, contact the office with any concerns you may have.

BODYFX/ MINIFX

PRE AND POST CARE



POST-TREATMENT CARE:

- Avoid exfoliating the treatment area 24 hours post treatment, avoid exfoliating irritated skin.
- Avoid Retin-A or irritating acids or products 24 hours following treatment.
- If the skin in the treated area crusts, do not rub, pick, or use any kind of exfoliation until the treated area heals. Do not shave the area if crusting is present. Contact the office for care instructions.
- If swelling occurs, apply ice packs. Discomfort or stinging may be alleviated with Tylenol or other pain relievers.
- Avoid very hot water, hot tubs, hot yoga etc. for 2 days post treatment.

Contraindications:

- Active cold sores or warts, excessively sensitive skin, irritation, eczema, dermatitis or inflammatory rosacea or who are sunburned in the areas to be treated
- Patients who have taken Accutane/Epuris/isotretinoin in the past 3-6 months (discuss with provider)
- Patients who are pregnant and breastfeeding
- Epileptic
- Use a pacemaker, or defibrillator or any other electronic implant in the body
- Patients who are actively undergoing chemotherapy or radiation
- Patients with vitiligo
- Have orthopedic implants
- Uncontrolled diabetes