

## **Emsculpt Neo Pre and Post Care Instructions**

With the Emsculpt Neo platform utilizing HIFEM (high intensity focused electromagnetic) and Bipolar Radio Frequency energy technology, it is best practice to consume more than half of your body's weight in ounces of water. This should be done every day starting 2 weeks before treatment and through the entirety of the treatment. By maintaining this high level of water percentage in your body, it will allow for a more comfortable and effective treatment.

Treatments are done once every 5-10 days apart for at least 4 treatments to see optimal results. Treatments beyond these parameters may result in a lesser than desired result outcome.

As with all non-invasive body contouring treatments it is highly advisable to make healthy choices and have an active exercise and diet routine to see best results.

During all treatment sessions, absolutely no metal accessory (earrings, necklaces, rings, bracelets, watches, mobile devices) should be worn at the time of treatment.

To ensure maximum skin contact with the handpiece paddle, please ensure you shave the treatment area of excessive hair to reduce the amount of sweat expelled and wear loose clothing.

### **Post Treatment Instructions**

Possible side effects may include, but are not limited to:

Muscular pain

Intramuscular fat decrease

Temporary muscle spasm

Tempory joint or tendon pain

Local erythema or skin redness

Increased menstrual flow in females patients

Panniculitis (inflammation of the subcutaneous fat)

Increased frequency of urination

Continue to consume large amounts of water throughout the entire treatment as it will yield greater results and a more comfortable treatment.

Continue to make healthier choices when it comes to exercising and dieting as it will better improve the outcome.

Please remember to schedule a follow up visit to evaluate outcomes, get proper measurements, take post-treatment photos and compare side by side images 8 week after the last session by calling 703-698-8162.

To maintain optimal results, it is best to schedule 1 Emsculpt Neo treatment every 6 months after the initial 4th treatment as muscle can lose its density and tone by the 6 months mark.

---