



Waterhall Medical Centre

## **SculpSure® Pre/Post Treatment Instructions**

### **Pre-Treatment:**

- Avoid direct sun exposure to the treatment area 7 days before treatment
- Shower or bathe the day of your treatment to prepare your skin for SculpSure treatment. Your skin must be free of all lotions, creams & body oils.
- It's a good idea to eat a small meal & drink a glass of water before your SculpSure treatment.
- If you have very thick hair in the treatment areas please trim/shave the areas at home before your SculpSure appointment.
- Be sure to discuss your medical history and medications you take with your treatment provider.

### **Post-Treatment:**

- 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 2 weeks or even 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 until your next treatment or for 12 weeks if you only have one treatment.
- You may resume your normal daily activities, including exercise, immediately after your SculpSure treatment.
- Staying well hydrated and engaging in light physical activity helps mobilise the disrupted fat for processing through the lymphatic system. We encourage you to drink at least 6-8 glasses of water each day and take a daily walk or continue your normal exercise routine.
- Contact your doctor 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.