

Pre + Post Care

EmSculpt

Post- Treatment

- Rule of 5s- With moderate pressure, massage the treated areas for 5 minutes, 5 times a day for 5 days.
- After treatment there will be a possibility of bruising and redness, but this should resolve gradually in 7-10 days
- No alcohol consumption or aspirin 24 hours post injection
- You may take Acetaminophen if you experience any mild tenderness or discomfort
- Avoid strenuous activity for 24 hours to reduce swelling and bruising
- You may continue your normal topical treatments next day after the treatment

For the best results:

- Drink 8-10 8oz glasses of water daily
- Exercise for at least 30 minutes, 5 times a week
- Avoid refined carbohydrates and sugars and consume a diet high in fresh vegetables, fruits and lean proteins
- Consider dry brushing or lymphatic massage sessions to promote faster elimination of destroyed fat cells from the treated area