

### **SculpSure Pre-Post Instructions**

#### **SculpSure Pre-Treatment Instructions:**

1. Patient may take a small dose of Tylenol or Advil

#### **SculpSure What To expect**

1. Applicators will be strapped in placed in area of concern
2. Device arms will be attached to the applicators
3. Patient will feel an alternating warming and cooling sensation in the area during treatment

#### **SculpSure POST-TREATMENT INSTRUCTIONS**

1. You may experience mild pinkness or redness, nodules, tenderness, swelling, pain, itching, and skin firmness.
2. Tenderness may last up to two weeks.
3. Use a cold compress and/or acetaminophen to help relieve tenderness. Gently massage the area twice a day for 15 minutes.
4. You may resume normal daily activity including exercise immediately post treatment.
5. Stay hydrated and light physical activity is necessary to help mobilize fat via the lymphatic system.
6. 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.