

### **CoolTone Pre/Post Instructions**

#### **CoolTone Pre-Treatment Instructions:**

It is suggested to wear thin clothing, such as a tank top or leggings, that is free from any metal. Remove all metallic accessories such as jewelry, clothes with metallic buttons/threads, and electronic devices prior to treatment

#### **CoolTone What To expect:**

Typically, there is minimal discomfort and recovery time after the CoolTone<sup>®</sup> procedure. Most clients are able to return to their daily routine immediately after the procedure.

CoolTone is not painful - it simply feels like a series of strong muscle contractions.

#### **CoolTone Post Instructions:**

Many clients have minimal discomfort following the procedure; however, you may experience one or more of the following sensations: Muscular pain, temporary muscle spasm, temporary joint or tendon pain and/or skin redness

Subsequent treatments are typically 2-4 days apart over 2 weeks.

Typically, visible results are observed approximately 4 weeks after the last treatment, however, you will likely feel the difference earlier than that.