

BODY CONTOURING, RF, SONOPHORESIS & VACUUM SUCTION

Treatment Preparation

Pre-treatment preparation and post-treatment care are vital steps of your Body Contouring & RF treatments. In order to ensure a safe treatment and to get the best results, please follow all advice provided and reach out to your treatment provider if you have any questions. Failure to follow the below advice may increase the risk of undesirable effects.

TREATMENT PREPARATION

DAILY

- A sunscreen with SPF 30 or greater should be applied to protect against UV damage,

4 WEEKS PRE-TREATMENT

- Avoid using fake tan and gradual tanning creams in the area to be treated.
- Avoid tanning and incidental sun exposure, including tanning beds/booths (including between treatments).
- Avoid filler injections in the treatment area.

2 WEEKS PRE-TREATMENT

- Prepare the skin with suitable skincare. This will include a tyrosinase inhibitor for Fitzpatrick Skin Types III+ and any skin prone to post-inflammatory hyperpigmentation (PIHP). Your treatment provider will advise you of your skincare recommendations.
- Avoid prescription-strength exfoliant creams on the treatment area.
- Avoid antiwrinkle injections (Botox / Dysport) in the treatment area.

1 WEEK PRE-TREATMENT

- Avoid waxing, plucking, threading (or removing the hair from the follicle), using depilatory creams or undertaking electrolysis (including between treatments).
- Avoid harsh exfoliation (AHA's, BHA's, mechanical exfoliants) and benzoyl peroxide application (1 week)

3 DAYS PRE-TREATMENT

Avoid cosmeceutical Vitamin A, AHA's & BHA's, and Vitamin C application.

48 hours PRE-TREATMENT

- Very gently exfoliate the treatment area.
- Shave the treatment area if required
- Drink plenty of water to assist with elimination (Body Contouring)

1 DAY PRE-TREATMENT

Avoid exercise, excessive sweating, hot showers, spas, saunas and pools (24 hours)

IMPORTANT

Throughout your treatment course, it is important to advise your treatment provider of any of the following:

- Sun exposure or fake tan application on the treatment area within the past 4 weeks
- Any new health conditions, or if you have been unwell
- Commencing any new medication (including short term doses)
- Changes to current medications or supplements
- If you are trying to become, or become pregnant



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What to Expect

ULTRASOUND BODY CONTOURING

DURING THE TREATMENT

- **Sounds:** A loud 'clicking' sound will be heard when using the 40K handpiece. A mild 'whirring' sound may be heard when using to 1MhZ handpiece.
- **Vibrations:** Vibrations can sometimes be felt on the skin. This is normal as the ultrasound creates these vibrations to allow for product infusion.
- **Warmth:** Some clients can feel mild warmth during this treatment. This is due to the constant movements/friction from the handpiece, along with the energy that the handpiece is emitting.
- **Tingling / Itchiness**

IMMEDIATELY AFTER & UP TO 5 DAYS POST-TREATMENT

- A slightly unwell or sluggish sensation due to the elimination process
- Mild skin redness
- Mild swelling, small raised bumps
- Itchy or dry skin (up to 5 days)

ULTRASOUND SONOPHORESIS

DURING THE TREATMENT

- **Sounds:** A loud 'clicking' sound will be heard when using the 40K handpiece. A mild 'whirring' sound may be heard when using to 1MhZ handpiece.
- **Vibrations:** Vibrations can sometimes be felt on the skin. This is normal as the ultrasound creates these vibrations to allow for product infusion.
- **Warmth:** Some clients can feel mild warmth during this treatment. This is due to the constant movements/friction from the handpiece, along with the energy that the handpiece is emitting.
- **Tingling / Itchiness**

IMMEDIATELY AFTER & UP TO 5 DAYS POST TREATMENT

- Mild skin redness

RADIO FREQUENCY VACUUM SUCTION

DURING THE TREATMENT

- **Moderate warmth:** Treatment should feel similar to a hot stone massage
- **Tingling / Itchiness**

IMMEDIATELY AFTER & UP TO 5 DAYS POST TREATMENT

- Mild warmth and redness similar to a sunburn sensation
- Mild swelling
- Itchy or dry skin

DURING THE TREATMENT

- **Pulsating suction:** Intensity will vary based on the treatment performed

IMMEDIATELY AFTER & UP TO 5 DAYS POST-TREATMENT

- A slightly unwell or sluggish sensation due to the elimination process
- Mild skin redness
- Mild bruising which will resolve naturally

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Treatment Aftercare

Daily:

1. Use sunscreen with SPF 30 or greater should be applied.
2. Avoid sun exposure to treated areas.
3. Follow your prescribed homecare routine as advised by your treatment provider.
4. Avoid picking at or peeling the skin.

For the first 24 hours post-treatment:

1. Avoid exercise, excessive sweating, hot showers, spas, saunas and pools
2. Avoid makeup application
3. Avoid hot showers and baths
4. Avoid active Skincare ingredients (Vitamin A & C) (24-72 hours)

Up to 1 week post-treatment:

1. Avoid antiwrinkle injections and filler
2. Avoid exfoliation (AHA's, BHA's, mechanical exfoliants)
3. Avoid hair removal (waxing, threading, plucking)

Additional Aftercare for Body Contouring:

- Drink plenty of water to assist with the elimination process
- If the skin has no signs of redness or small bumps, perform 30 minutes of exercise post-treatment (avoid if RF has been performed)
- Avoid alcohol consumption for up to 72h

Additional Aftercare for Radio Frequency:

- Do not cool the area with cold packs unless otherwise advised



IMPORTANT

- Contact your treatment provider if you notice any unusual reactions
- Your treatment provider will advise your treatment schedule. It is important to adhere to this regime for the best results.
- Maintenance treatments will be required and will be ongoing.