



## **Contouring and Cellulite Reduction Treatment Care**

### **Before Treatments**

- Ensure that there is at least an hour between your last meal and your abdomen treatment.
- Drink about 1.5 liters of water before each treatment session.
- Stay hydrated (drinking at least 1 liter of water daily) during your entire course of treatment.
- If you exercise regularly, this treatment should be performed before the physical activity.

### **After Treatments**

- If you have excessive heat sensation that causes a lot of discomfort, you can cool the area with chilled Aloe Vera gel.

### **Setting Expectations**

- Adherence to a healthy lifestyle (diet and exercise) to obtain better results.
- Maintenance sessions may be required (one maintenance session every 3-6 months).
- Response to the Reaction treatment, and the number of treatment sessions required vary among patients and will depend on the clinical and physiological condition at the start of the treatment regimen.
- Weight gain or dramatic weight loss may have a negative effect on the results.

### **Contraindications when treating with ST (skin tightening) & BC (body contouring) application:**

- Any synthetic filler procedures (i.e. silicon) in the treatment area
- Botox injections in the past 5-7 days
- Chemical peel or natural fillers in the past 2 weeks
- Deep chemical peel / laser peel in the past 6 months
- Breast-feeding in the past 3 months
- Use of blood thinning medications, whether prescription or over-the-counter (including Coumadin or other prescription blood thinners, corticosteroids, aspirin or aspirin-containing products, chronic use of NSAIDs, garlic supplements, ginkgo, ginseng, St. John's Wort, fish oil)
- Active or recent malignancy excluding cutaneous basal cell carcinoma or squamous cell carcinoma, provided there is no involvement of the treatment area)
- Uncontrolled thyroid disease
- Impaired immune system (such as HIV)
- Any prior aesthetic or medical surgery affecting the area to be treated (liposuction, subcision), in the 3 months before the treatment
- Any history of disease which may be stimulated by heat, such as Herpes in the treatment area
- Any endocrine disorder, such as diabetes
- Patients should wait at least 3-6 months after deep chemical peels and laser treatments.
- Patients who had epilation treatments must wait at least 6 weeks before commencing the treatment course



Possible risks and side effects of the treatment may include local pain, erythema, edema, itching and sensitivity to touch, urticaria, purpura or ecchymosis, hematoma, allergic contact dermatitis to the glycerin oil or acoustic contact gel, bruise, blister, burn, hyper- and hypo-pigmentation. All side effects are transient and mild, however in the event of adverse side effects the treating personnel must be informed and a physician consult may be necessary.

**NOTE:**

Some areas are more sensitive to vacuum, such as the front of the leg, above the knee and the outside and inside of the thigh and this sensitivity may cause bruising