

keep glowing

med spa

Body Contouring Instructions

General aftercare:

- It is advised that you keep your skin moisturized after your treatment.
- You should avoid very hot water and direct heat exposure, as well as scrubbing or scratching the skin for 2 days.
- Transient erythema and edema is a typical immediate response following treatment, these typically resolve within a few hours to days after treatment.
- It is advised that you continue with regular exercise and diet modification/adherence to receive the most benefit from any treatment.

Trim specific treatment aftercare and treatment schedule:

- Avoid UV exposure (tanning bed or sun) for 7 days post treatment.
- Clients typically require 3-6 sessions, once weekly, but this may vary individually.
- Thicker skin that is more fibrotic may require more treatment sessions than thinner skin types.
- Single, maintenance sessions may be needed every 1-3 months to maintain results.
- Trim treatment can be followed immediately by treatment with the Tite applicator to help areas of thicker fat.

Tite specific treatment aftercare and treatment schedule:

- DO NOT cool the post treatment.
- Clients typically require 3-6 sessions, once weekly or once in two weeks and may vary by individual.
- Single, maintenance sessions may be needed every 1-3 months to maintain results.
- Tite treatment may be combined with the Trim treatment to help treat areas of thicker fat.
- Tite treatment may be followed with the Tone treatment for muscle tone improvement and skin remodeling.

Tone specific treatment aftercare and treatment schedule:

- There are no special aftercare instructions aside from the general aftercare instructions.
- You may return to your regular routine immediately following the treatment
- Clients typically require 3-6 sessions, once weekly, but this may vary individually.
- Single, maintenance sessions may be needed every 1-3 months to maintain results.
- Tone treatment may be performed after the Tite treatment for muscle tone improvement and skin remodeling.