

Pre-Treatment Guidelines

Clothing:

- Wear comfortable, loose-fitting clothing to your appointment.

Hydration:

- Stay hydrated by drinking 2-3 liters of water daily for 2-3 days before your treatment. This helps boost fat elimination and muscle stimulation.

Diet:

- Avoid heavy meals or caffeine immediately before treatment.

Skin Preparation:

- Ensure the treatment area is clean, dry, and free of lotions, oils, or creams.
- Shave the treatment area if necessary to ensure proper contact with the device.

Medical History:

- Inform your provider if you have metal implants, pacemakers, or any medical devices in or near the treatment area.
- Notify your provider if you are pregnant, breastfeeding, or have any medical conditions that may contraindicate treatment.