



Experience the Extraordinary

RF FAT CAVITATION TREATMENT

BEFORE coming to a Treatment

You must:

- Drink plenty of water (1/2 to 1 gallon a day is optimal-pure, plain water; coffee and tea don't count).
- If you are treating the stomach/abdomen avoid eating 2 hours prior to treatment.
- Avoid aspirin or anticoagulants if possible, as they may cause bruising when the suction devise is used.
- Avoid unprotected sun exposure to the treatment area 2 weeks prior to treatment as this could result in complications such as skin burns. SPF 30 is required on the treatment area if it will be exposed to the sun.
- Avoid exfoliating the area to be treated on the day of and the day after treatment.
- Discontinue the use of Accutane at least 6 months prior to treatment.
- You must wait at least 1-3 months after liposuction to begin treatments; please provide a release form signed by your doctor.
- Avoid the use of Retin-A, acids (beta or alpha-hydroxy) that may be irritating to the treatment area 3 days prior to treatment. If you have received derma-peel or laser resurfacing treatments procedures to the area being treated you must wait 6 weeks before you RF Cavitation session.
- Closely shave any hair in the treatment area as long hairs will be pulled by the device.
- On the day of treatment, avoid creams, moisturizers, self-tanners, sun bathing, spray on tan, or any other topical products on the area to be treated.

Please note you may be more sensitive to the procedure if you are premenstrual or menstruating. **If you are on antibiotics, you must have had your last dose 10 days prior to treatment.** The use of certain medications causing sensitivity to sunlight (photosensitive medications) should be avoided, if possible the day of treatment. Please contact me if you are not sure if your medication is photosensitive since it may cause skin burns. Also, if the skin to be treated is irritated, not intact or bruised, your treatment must be postponed until your skin is healed.



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AFTER the Treatment

- Drink plenty of water throughout the day and follow a low fat, low sugar, low salt diet for 3 days to maximize your results.
- Walking for 20-30 minutes will benefit your body's response to this treatment.
- Do not expose the treated area to the sun without using SPF 30 or higher on the area treated.
- Immediately following treatment, the area may show a slight redness or swelling; itching is also possible, but those skin sensations are completely normal and should not last long.
- Bruising or crusting of the skin may also occur. This may be possible but not probable, but you should contact me with any questions or concerns.
- Avoid exfoliating the treatment area 24 hours post treatment and avoid exfoliating irritated skin until it heals.
- Avoid Retin-A or irritating acids (beta and alpha-hydroxy acids) or products for 24 hours following treatment.
- Derma-peel, laser resurfacing or any similar cosmetic procedures should be postponed until after you have completed your schedule RF Fat Cavitation sessions.
- If the skin in the treated area crusts, do not rub, pick, or use any kind of exfoliation until the treated area heals. Do not shave the area if crusting is present. Contact me for care instructions.
- If swelling occurs, apply ice packs. Discomfort or stinging may be alleviated with Tylenol or other over the counter pain relievers. A "histamine" reaction is possible, if this occurs, an over the counter anti-histamine can be taken.