



## **SculpSure Pre and Post Treatment Instructions for all Areas**

### **Pre-Treatment:**

- Avoid direct sun exposure to the treatment area 7 days before the treatment.
- Shower or bathe the day of treatment to prepare your skin for your SculpSure treatment. Your skin must be free of all makeup, lotions, creams, and body oils.
- It's a good idea to eat a small meal and drink a glass or two of water before your SculpSure treatment.
- Remove all jewelry and piercings pertinent to the treatment area.
- If you have very thick hair in the treatment area, please trim or shave the areas at home before your SculpSure appointment.
- Be sure to discuss your medical history and medications you take with your treatment provider.

### **Post-Treatment:**

- You may experience mildly pink or red skin, tenderness or discomfort, swelling, tissue firmness, or nodules in the treated areas. These are all expected side effects which usually resolve without medical intervention.
- Tenderness may occur as early as the day of treatment and can last two weeks or even longer.
- If needed, use a cold compress and/or acetaminophen to help relieve tenderness.
- For body areas, if nodules occur, they typically last for days or six months or longer, depending on the size of the nodule. While uncommon, some nodules may be permanent.
- Gently massage the area twice a day for 5-10 minutes. Massage should be continued until your next treatment or for 12 weeks if you only have one treatment.
- You may resume your normal daily activities, including exercise, immediately after your SculpSure treatment. Staying well-hydrated and engaging in light physical activity helps mobilize the disrupted fat for processing through the lymphatic system. We encourage you to drink at least 6-8 glasses of water a day and take a daily walk or continue your regular exercise routine.
- For inner thigh post-treatment, avoid crossing legs until any tenderness has resolved.
- For submental post-treatment, client should elevate treatment area on pillows while sleeping.

Thank you for choosing Esprit Health Clinic for your aesthetic and wellness needs!