

Pre and Post Care Ultimate Contour

Before the procedure

- Avoid alcohol consumption for 48 hours before the treatment.
- Limit high salt intake 48 hours before the treatment.
- Avoid eating 2 hours before your treatment.
- On the day of the treatment do not apply any lotions or creams on the area being treated.
- Drink at least one quart of water the day before and the day of treatment.
- Hydrate immediately after the procedure.
- Ultrasound gel can get on your clothing. Make sure to bring extra clothing is needed.

Post Care:

- There may be some pinkness on the treated area for a few hours after the treatment, but there are no other side effects. There is downtime period after the Ultimate Contour treatments. Patients can return to their usual activities right away.
- Avoid eating for 2 hours after treatment.
- Try to get some cardio exercise for 20 minutes to stimulate lymph movement.
- In the first 24 hours, no intense heat, such as a sauna or hot shower.
- Avoid alcohol for 48 hours after treatment.
- Drink at least 1 qt. of water per day for 3-4 days after the treatment.
- Massage treated area daily with moisturizer for 3-4 days after the treatment.

- Try to avoid high salt and carbs for 3-4 days to help the body utilize the triglycerides released by the treatment.
- Avoid tanning beds, waxing, electrolysis, laser hair removal, or any other procedures on the treated area for 3-4 weeks.
- Avoid using Retin-A (tretinoin) or other strong exfoliating agents, be gentle when cleansing that day.

When will I see Results:

- you may see changes immediately after the treatment. Depending on the type of fat, some patients see a full inch reduction after just one session.
- For the full effects it takes 6-8 weeks from the first treatment.
- 4 treatments, spaced 1-2 weeks for a single area of the body are recommended for optimal results.