

Ultrashape Pre Procedure Instructions

- **Clothing:** Please wear comfortable clothing on the day of your treatment so we can access the treatment area.
- **Hydration:** Begin therapeutic hydration 2 days prior to your treatment. Therapeutic hydration consists of drinking 8 glasses of water throughout the day. If you are working out and/or perspire excessively you may want to increase your water intake accordingly. You will need to continue to hydrate the day of and the day after treatment as this will assist with lymphatic drainage.
- **Sensitivity:** If you are prone to hives or skin sensitivity, take a Zyrtec prior to your treatment.
- **Contraindications to Procedure:**
 1. Pacemaker, implanted cardiac defibrillator, or other electromagnetic implanted devices.
 2. Pregnant or breast feeding or anticipated pregnancy during the treatment phase.
 3. Metabolic disorders or are currently taking any medication that could affect fat metabolism
 4. Hepatitis or other liver diseases.
 5. Immune system disease or connective tissue disorders
 6. History of poor wound healing, an open wound or rash in the treatment area.
 7. Keloids, hypertrophic scars, or depressed scars in the treatment area
 8. Bleeding or bleeding disorder
- Call us immediately at (216) 464-7333 and ask to speak with a member of our clinical staff if you have any concerns.

Ultrashape Post Procedure Instructions

- We recommend wearing a compression garment after the procedure for one week.
- **Skin:** Your skin may experience mild to moderate erythema (redness) that will last from a few minutes to an hour or possibly longer. Your skin may feel warm for up to a few hours after treatment as deep tissue retains heat longer. You may also feel tenderness in the treated area. Some patients have a potential risk for hives. You may take a Zyrtec to aid in this reaction. Please call the office and we can discuss how to manage this side effect.
- **Hydration:** Continue with therapeutic hydration the day of and day after treatment as this will assist with lymphatic drainage.
- **Activity:** You may resume your normal daily routine immediately following treatment. We encourage light physical activity to help promote lymphatic drainage.
- **Treatment Plan:** For optimal results, it is important to follow the treatment plan that has been established for you.