



### **Vanquish ME Pre Procedure Instructions**

- **Clothing:** Please wear comfortable clothing on the day of your treatment so we can access the treatment area.
- **Jewelry:** You will be asked to remove all jewelry prior to the start of the treatment.
- **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.
- **Female patients only:** We recommend waiting until the end of your menstrual cycle before starting Vanquish ME. If you treat at the beginning of your menstrual cycle, the treatment may cause a heavier period. This is due to heating the abdominal cavity and the resulting vasodilation. This can cause the uterine lining to shed a little quicker than normal resulting in a heavier period. If you treat towards the end of the cycle when only spotting is occurring, there seems to be no side effect.
- Call us immediately at (216) 464-7333 and ask to speak with a member of our clinical staff if you have any concerns.

### **Vanquish ME Post Procedure Instructions**

- If you experience pain, blistering, or excessive tissue tenderness in the treatment area, please call the office immediately at (216) 464-7333.
- **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 experience swelling of the fatty tissue and develop a tender lump under the skin. This is a common side effect and will resolve over time on its own. 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.
- **Diet:** While no special diet is required, we do encourage healthy eating to help promote and maintain results.
- **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.