



## VELASHAPE III: Pre-and Post-Treatment Instructions

**VelaShape** has always been the most talked about and most proven device for cellulite reduction and body slimming. As seen on Dr. Oz, Dr. Phil, The Doctors and Rachel Ray; plus countless magazines, including, Natural Health, Women's, More, Allure, Shape, Oprah, The Wall Street Journal and many more.

The **NEW Advanced VelaShape III** has been completely redesigned and is the most powerful radiofrequency device on the market. Clinical studies have shown that this cutting-edge device:

- Reduces appearance of cellulite
- Smoothens skin after weight loss or pregnancy
- Reshapes and tones loose skin
- Requires no downtime

Your **VelaShape III** procedure is completely non-invasive, with little preparation and no down-time.

### **PRE-TREATMENT INSTRUCTIONS:**

- Avoid use of blood thinning drugs like aspirin, vitamin E, ginkgo biloba or fish oils for two days before and after your treatment.
- Avoid lotion or moisturizer applications in areas treated prior to appointment.
- Wear loose fitting clothes – the discomfort that you will experience during and after your appointment will be similar to a mild sunburn. As such, you should avoid wearing tight fitting jeans.
- **VERY IMPORTANT:** Drink half of your body weight in ounces of water for two or three days prior and post treatment – the **VelaShape III** procedure breaks down fat cells so that they may be metabolized by the body and excreted. When your body is fully hydrated, this metabolic process is enhanced. Also, radio frequency energy requires a well hydrated body for effective conductivity.
- If you are taking any prescription medications, or if you have recently undergone any surgical procedures, please inform your Body Sculpting Specialist prior to treatment.

### **POST-TREATMENT INSTRUCTIONS:**

- Following your **VelaShape III** session, you are free to resume regular activities. We generally recommend mild exercise post procedure to assist the lymphatic system in metabolizing the fat released. Any residual soreness you feel should be over within 48 to 72 hours.
- Following treatment, we suggest that you avoid large meals that might expand your stomach – instead eat five or six small meals per day for the two or three days following treatment.
- Avoid alcohol for 3 days post-treatment to allow for rapid clearing of fat content and toxins released during treatment.

**For further questions, please do not hesitate to call our office at (949) 515-9377**

180 Newport Center Dr. Suite 120, Newport Beach, CA 92660