



ULTRASHAPE: Pre-and Post-Treatment Instructions

PRE-TREATMENT INSTRUCTIONS:

- **Drink Water!!** Ensure adequate water intake: $\frac{1}{2}$ of body weight in ounces of water. For example if you weigh 120 pounds, drink 60 ounces of water the day before and the day of treatment.
- **Avoid alcohol** pre-treatment, as alcohol can inhibit fat metabolism.
- **Shave areas to be treated** 36 hours prior to your treatment appointment.

POST-TREATMENT INSTRUCTIONS:

- **Alcohol:** Please abstain from alcohol for 4 days post treatment to ensure rapid clearing of the fat content as well as toxins released during treatment.
- **Water Intake:** Ensure adequate water intake: $\frac{1}{2}$ of body weight in ounces of water.
- **Diet:** Follow a low-starch, low-fat diet; 1 grain serving per day.
- **Lipo-den** injections to help liver flush fat, available in office with Dr. Leary
- **B-12** injections to assist in weight loss, available in office with Dr. Leary

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

Or contact Mary after 5 p.m. at (949) 573-1998

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