



Post Care Instructions

- There is no downtime! You can immediately return to your daily activities.
- Your skin will regulate the heat in the treatment area. We recommend no ice packs, sauna, hot tub for the next 48 hours.
- After session we recommend keeping the skin well hydrated with a heavy moisturizer.
- Drink plenty of water – we recommend half your body weight in ounces a day
- Keep treatment area out of direct sunlight for 48 hours.
- Reduce alcohol intake before and after your treatment.
- Redness or mild burns are possible. If there are any concerns, feel free to call us at 720-532-1856