



Sleep and Wellness Medical Associates, LLC

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SCULPSURE: PRE & POST CARE INSTRUCTIONS

BEFORE TREATMENT:

- **AVOID** direct sun exposure to the treatment area 7 days prior the treatment.
- Remove all jewelry and piercings pertinent to the treatment area.
- Please trim or shave if the treatment area has very thick hair. This should be done at home prior to the appointment.
- Discuss your medical history and medications you take with your provider
- It is recommended to eat a small meal and drink a glass of water prior to your sculpsure treatment.
- Bathe the treatment area prior to the treatment. Your skin should be free of makeup, lotions, creams, and body oils.

AFTER TREATMENT:

- You may experience mildly pink or red skin, tenderness or discomfort, swelling, tissue firmness or nodules in the treated areas. These are all expected side effects, which usually resolve without medical intervention.
- Tenderness may occur as early as the day of treatment and can last two weeks and in some clients a bit longer.
- If needed, use a cold compress and/or acetaminophen to help relieve tenderness.
- Gently massage the area twice a day for 5-10 minutes. Massage should be continued until your next treatment or for 12 weeks if you have only one treatment.
- You may resume normal daily activity including exercise immediately after your Sculpsure treatment.
- Staying hydrated and engaging in light physical activity helps mobilize the disrupted fat for processing through the lymphatic system. We encourage you to drink at least 6-8 glasses of water a day and take a daily walk or continue your regular exercise routine.
- Contact your physician if you have any concerns about your treatment areas such as increasing tenderness or swelling several days after your treatment, or if you develop blisters, hardened areas or nodules.

Please call our office at (609) 587-9944 or email us at info@sleep-wellness.org with any questions or concerns

Or refer to our website www.sleep-wellness.org for further information