

SANCTUARY

DERMATOLOGY

If there are any outstanding questions after reading the information below, please do not hesitate to call us at (504) 454-2997.

Treatment Recommendations

2 - 4 treatments are suggested and treatments are typically spaced 4 - 6 weeks apart from each other for the neck and submentum.

TRUSCULPT PRE CARE INSTRUCTIONS

- Avoid all anti-inflammatory products for 72 hours before and after treatment (such as Aspirin, Motrin, Ibuprofen, Advil).
- Please wear comfortable clothing the day of appointment.
- Be sure you are hydrated the day of treatment.

TRUSCULPT POST CARE INSTRUCTIONS

- We highly encourage working out after treatment, anything cardio related is BEST.
- Avoid alcohol and fatty foods for 48 hours. We want your body to metabolize the fat we just treated, first.
- Apply Alastin Body TransForm cream 2 -3 pumps to treated areas twice daily. This will enhance your results and help tighten the skin.
- Continue to drink plenty of water.
- The number of treatments on your abdomen should be determined by your doctor.
- Full results can take up to 8 - 12 weeks.
- Patients typically report seeing results after the second treatment for the neck.
- Intermittent fasting, if appropriate for you and approved by your primary care doctor, can enhance fat cell turnover and improve your result with treatment.
- Gaining weight during treatment and for 3 months can minimize the final result of treatment.