

## RECOMMENDED PRE & POST CARE FOR TRUSCUPLT FLEX TREATMENTS

*For best results please follow these instructions*

### BEFORE YOUR TREATMENT:

- Hair in the treatment and gel pad area may need to be shaved.
- Be well hydrated prior to treatment.
- Body piercings may need to be removed if under or near the treatment area.
- Refrain from alcoholic beverages, caffeine and fatty foods during the treatment regimen.
- Exercise is not recommended on the day of treatment.
- Notify clinic of any changes to your health history or medications since your last appointment.

### AFTER YOUR TREATMENT:

- Frequent urination and/or bowel stimulation may be caused by the procedure.
- Tingling in the area/s treated up to a few hours after procedure.
- Slight muscle soreness/tenderness 24-72 hours after procedure.
- Random muscle contraction after procedure.
- Slimming in the area treated for up to 48 hours after procedure.
- Increase in metabolic rate results in feeling hungry more frequently. Please be aware of this fact and DO NOT overeat.
- Burns beneath the electrodes have been reported with the use of powered muscle stimulators. If this occurs, please call our office for wound management instruction.

• Additional instructions: \_\_\_\_\_  
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NEXT TREATMENT SCHEDULED: \_\_\_\_\_