

# SCULPSURE

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## *Post-Treatment Instructions*

- 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 or even longer.
- If needed, use a cold compress and/or acetaminophen to help relieve tenderness.
- For body areas, if nodules occur, they typically last for days or 6 (six) months or longer, depending on the size of the nodule. While uncommon, some nodules may be permanent.
- 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 your normal daily activities, including exercise, immediately after your SculpSure treatment.
- Staying well 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.
- For inner thigh post-treatment, avoid crossing legs until any tenderness has resolved.
- For submental post-treatment, client should elevate treatment area on pillows while sleeping.

Please contact True Balance if you have any questions or concerns following your treatment - we are always happy to help!

*Thank you for choosing True Balance Medical Spa. To provide our guests with the best experience possible, we kindly request that a minimum 24 hours' notice is provided if unable to make an appointment; cancellation or no-show fees may apply. We look forward to seeing you soon!*