



## VELASHAPE III

### PRE & POST CARE INSTRUCTIONS

VelaShape is widely recognized and acclaimed as a leading solution for reducing cellulite and aiding in body slimming. Its effectiveness and popularity have been highlighted on various television shows, such as Dr. Oz, Dr. Phil, The Doctors, and Rachel Ray. Additionally, its merits have been featured in numerous magazines, covering a broad spectrum from Natural Health to Women's, More, Allure, Shape, and Oprah. Even prestigious publications like The Wall Street Journal have mentioned VelaShape, further cementing its reputation in the field.

#### PRE-TREATMENT GUIDELINES:

- Refrain from applying lotions or moisturizers to the areas being treated before your appointment.
- Opt for loose clothing – the sensation experienced during and post-treatment is akin to a mild sunburn, so tight clothing, like form-fitting jeans, should be avoided.
- **CRUCIAL / IMPORTANT:** Ensure adequate hydration by drinking an amount of water equivalent to half your body weight in ounces for 2 to 3 days before and after treatment. The VelaShape III procedure targets fat cells for breakdown and subsequent metabolic processing and excretion. Adequate hydration boosts this metabolic activity and enhances the effectiveness of radio frequency energy, which requires hydration for optimal conductivity.
- Please disclose any prescription medications you are on or any recent surgical procedures you have undergone, to your Body Sculpting Specialist before undergoing treatment.



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## POST-TREATMENT GUIDELINES:

- It's important to increase your water intake to between 14 to 16 cups (8 oz each) for the first 1-2 days after your treatment.
- After your VelaShape III session, you can return to your usual daily activities. However, we recommend engaging in light exercise afterward to help your lymphatic system process the fat that's been released. Any mild discomfort you experience should subside within 48 to 72 hours.
- In the days following your treatment, try to avoid large meals that could expand your stomach. Instead, opt for five or six smaller meals spread throughout the day.
- If you experience heat or swelling in the treated area: use ice, aloe vera, and an over-the-counter cortisone cream as a topical remedy.
- Refrain from consuming alcohol for three days after your treatment. This helps your body more efficiently eliminate the fat and toxins that were released during the procedure.

Questions/concerns? Please call or text the office at 647-560-8333 or send an email to [info@lasermedicalclinic.com](mailto:info@lasermedicalclinic.com)