



## TruSculpt Flex: Pre and Post Treatment Instructions

### Pre Treatment

- Shave any excess hair in the treatment area the day before the treatment.
- Be well hydrated prior to treatment.
- Body piercings should be removed if under or near the treatment area.
- Exercise is not recommended on the day of treatment.
- Notify Hela Medical of any changes to your health history or medications since your last appointment.
- Refrain from drinking any alcohol 3 days pre procedure.
- Refrain from caffeine and fatty foods prior to and during the treatment regimen.

### Post Treatment

- Increase water intake (14-16 8 oz glasses) for 1-2 days after 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.
- 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.
- Avoid alcohol for 3 days post procedure.

If you have any questions or experience any side effects, please contact our office immediately.

Text us at 202.333.4445 and email us at [info@helaspa.com](mailto:info@helaspa.com).