



VelaShape III: Pre and Post Treatment Instructions

Pre Treatment

- Shave any excess hair in the treatment area the day before the treatment.
- Avoid waxing or other traumatic procedures that may compromise skin integrity 3-4 days prior to treatment.
- Arrive with clean/exfoliated skin for the treatment
- Please do not use any self-tanning products prior to your procedure.
- If possible, discontinue aspirin, anticoagulants or other medications that may thin the blood (Motrin, Aleve, ibuprofen) for the duration of treatments. If you have been advised to take these medications by a healthcare professional, please consult with them prior to discontinuing use.
- If you begin taking new medications or experience a change in your health status during the course of therapy, please contact our office prior to your next appointment.
- Avoid caffeine, alcohol, and stay hydrated prior to your procedure.

Post Treatment

- Increase water intake (14-16 8oz. glasses) for 1-2 days after treatment.
- May resume normal activities immediately after treatment.
- Avoid direct heating of the treated areas such as heating pads, Jacuzzis, hot tubs.
- Avoid alcohol at least 3 days post treatment
- Massage area 2-3x a day for 5-10 minutes.