



## Cellulite & Skin Tightening

### PRE TREATMENT INSTRUCTIONS:

1. Avoid use of blood thinning drugs like aspirin, vitamin E, ginkgo biloba or fish oils for 2 days before and after your treatment
2. Avoid lotion or moisturizer applications in areas treated prior to appointment
3. Wear loose fitting clothes - the discomfort that you will experience during and after your appointment will be similar to a mild sunburn. As such, you should avoid wearing tight fitting jeans.
4. **VERY IMPORTANT:** Drink half of your body weight in ounces of water for 2-3 days pre and post treatment. Treble procedure breaks down fat cells so that they may be metabolized by the body and excreted. When your body is fully hydrated, this metabolic process is enhanced. **Also, radio frequency energy requires a well hydrated body for effective conductivity.**
5. If you were taking any prescription medications, or if you have recently undergone any surgical procedures, please inform your Body Sculpting Specialist prior to treatment

## POST- PROCEDURE INSTRUCTIONS:

1. You should not have any deep tissue massage for 48 hours following each treatment.
2. You should not tan or use any tanning products or have a prolonged unprotected sun exposure during the course of your Treble treatment.
3. You should not participate in any contact sports for 48 hours after each Treble treatment (kickboxing, soccer, etc.)
4. You should not use any ice packs or heating pads on the treatment areas for at least 48 hours following each treatment. If your skin feels warm and you have redness lasting longer than 30 minutes, you can apply COOL compress, but do not ice treated area.
5. You should drink plenty of water, min 64 oz daily, for optimal hydration and skin health.
6. We generally recommend mild exercise post procedure to assist the lymphatic system and the metabolizing the fat released.
7. Any residue all soreness you feel should be over within 48 to 72 hours.
8. Following treatment, we suggest that you avoid large meals that might expand your stomach-instead eat five or six small meals per day for the t2-3 days following treatment.
9. Avoid alcohol for three days post-treatment to allow for rapid clearing a fat content and toxins released during treatment.
10. Do not eat raw, cold or spicy foods for eight hours after treatment.