



WarmSculpting by SculpSure: Pre and Post-Treatment Instructions

Pre Treatment

- No sun exposure 7 days prior to the treatment.
- Remove all creams or oils prior to treatment.
- Be well hydrated prior to treatment.
- Refrain from alcohol 48 hours prior to your procedure.
- No self-tanner prior to procedure.
- Shave hair from all areas to be treated.

Post Treatment

- May experience mild pinkness, redness, tenderness, swelling, pain, itching, and skin firmness.
- Tenderness may last up to two weeks and in some clients a bit longer.
- Use a cold compress and/or acetaminophen to help relieve tenderness.
- Gently massage the area twice a day for 5-10 minutes.
- May resume normal daily activity including exercise immediately post-treatment.
- Encourage proper hydration and light physical activity to help mobilize fat via the lymphatic system.
- Contact your provider if you have any concerns about your treatment areas such as increasing tenderness or swelling several days after your treatment, or if you develop blisters, hardened areas or nodules.
- Increase water intake. It is advised to drink up to a gallon of water a day.
- Be sure to maintain healthy eating habits and lifestyle.

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.