

FAT & CELLULITE REDUCTION TREATMENT TRUSCULPT

AFTERCARE INSTRUCTIONS

Control Around Every Curve

You have just completed your TruSculpt treatment!

Your cosmetic practitioner will have given you instructions as to what you should and shouldn't do after the treatment. Those instructions are also written here for your convenience. Please read these instructions and follow them to ensure the best results from your TruSculpt treatment.

After your treatment:

- Tenderness, redness, bruising and swelling may occur over the treated area and should resolve within 24–48 hours. Localised mild tenderness may persist for 1-2 weeks where the intensity of the treatment was high.
- Redness, itching or irritation and possibly rashes may occur over the area where the sticky return pad was placed. This may result from your skin reacting to the adhesive on the return pad and should resolve over 24-48hrs.
- Notify clinic if any of the following occur:
 - Blister, crusting or skin burns
 - Tenderness, redness or swelling persisting longer than 24 hours
 - Nodules or lumps in the treatment area - May develop up to 72 hours post-treatment and will usually resolve spontaneously over several days.
- Do not apply any creams, lotions, gels etc over the area treated or the site where the sticky return pad was placed for 24 hours as they may lead to skin irritations.
- Avoid sun exposure, saunas or solariums for 48hrs. Apply a 30+ or 50+ sunscreen to the areas treated for 3-5 days if exposed to sunlight.
- You can return to normal activities including fitness programs immediately after the treatment.
- It is actually beneficial to participate in some form of exercise within the first 72hrs after the treatment to aid the reabsorption of damaged fat cells and their subsequent elimination from the body.
- Clinical benefits continue to improve for up to 12 weeks following treatment and effects from your treatment should be evident after 4 weeks.
- Multiple treatments may be required to reach your desired goal.
- For maximum results, 2-3 treatments, spaced 6-8 weeks apart is recommended.
- For maximum results you should maintain a calorie and fat restricted diet together with a regular exercise program.
- Any treatment that destroys the fat cells or physically removes the fat cells in an area will leave behind other fat cells and although fat cells cannot re-form, the remaining fat cells can grow in size if the diet remains rich in fat and regular physical exercise is not maintained. These growing fat cells will eventually fill the areas where fat cells have been removed and ultimately can reverse any effects from these treatments.
- Ask your cosmetic therapist about products to help maintain your TruSculpt results. Environ Body Profile is a cosmeceutical product specifically formulated to treat cellulite deposits in the body and will enhance and prolong your TruSculpt effect with regular use.

If you have any concerns regarding your Trusculpt treatment please contact your cosmetic practitioner at Rejuven8 Cosmetix Ph: 55933388.

We look forward to seeing you again soon for your next TruSculpt treatment!