



RF Cellulite Treatments & Skin Tightening Treatments Pre & Post Care Instructions

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Before-Treatment Instructions

- Prior to treatment, drink at least ½ your body weight in ounces of water (ex: if you weigh 150 pounds, drink at least 25 ounces of water daily). This will ensure your skin will heat up optimally for your treatment.
- For cellulite treatments, increase consumption of salty foods for 24 hours prior to treatment (unless directed to avoid salt by another physician).
- Within 24 hours of treatment avoid consumption of alcohol or other activity that may lead to cell dehydration. This will ensure your skin will heat up optimally for your treatment.
- For 3 days prior to treatment, do not use products to the treatment area containing Retinol, Glycolic Acid, Tretinoin, Salicylic Acid or other products that may cause skin sensitivity.
- Tell your Sculpt Away provider if you are taking any medications you did not list on your medical history. Bring any new medications with you to your visits. Some medications may cause sensitivity to heat (but this treatment does not cause photosensitivity).

After- Treatment Instructions

- You may wash normally.
- You may return to normal activities immediately.
- You do not have to wear restrictive or special clothing.
- Use minimum of 30 SPF sunscreen in the treated area at all times
- For cellulite, follow the Cellulite Diet and start using cellulite-eliminating supplements. Ask your Sculpt Away provider about cellulite-eliminating and beauty enhancing Nutraceutical Daily Packs.
- For both cellulite and tissue tightening, your Sculpt Away provider will instruct you about using Lipo-Sculpt Slimming Gel and Cellu-Sculpt Firm + Repair Crème to enhance your results. We encourage you to 'do your homework.'
- Your Sculpt Away provider will show you how to apply gels, lotions and crèmes to the treated area. This is important, especially with cellulite.
- For some conditions, we recommend you use cupping therapy at home to enhance your results. Ask your Sculpt Away provider if the Cellu-C Cup would benefit you.
- Hydrate your body! Drink ½ your body weight in ounces of water every day. EX: You weight 150 pounds, drink 75 ounces of water daily

IMPORTANT: You may notice improvement after one treatment (which is awesome) but you must remember that you will need a series of treatments to achieve your desired benefits. Please adhere strictly to the treatment schedule recommended by your Sculpt Away providers.

Cancellation Policy- I agree to confirm my appointment with Sculpt Away two (2) days prior to my appointment. If for any reason I am unable to make my appointment at Sculpt Away, I agree to contact Sculpt Away no later than 3PM the day prior to my appointment. I further understand that if I do not comply with this policy, I will owe a \$35 missed appointment fee and I agree to this policy. I understand that if I arrive more than 15 minutes late for my appointment I may be required to reschedule in order to avoid disrupting the appointments of other patients.