



LED Low Level Laser Before & After Treatment Instructions

Pre-Treatment

- Drink ½ your weight in equivalent ounces of water every day. Ex: a 150 pound person should consume at least 75 ounces of water a day.
- Limit caffeine and alcohol prior to treatment.
- For best cellulite reduction benefits, take Sculpt Away Nutraceutical Daily Pack™ before your treatments and throughout your treatments. These supplements contain the necessary elements to assist your body in healing & repair.
- For best fat loss, consider Sculpt Away Intense Fat Burner™ supplements to decrease your appetite, increase your fat burning metabolism and give you energy. And for maximum fat burning, consider taking Sculpt Away Slender Sleep™, to increase your fat burning metabolism while you sleep.

Post Treatment

- Continue to drink ½ your weight in equivalent ounces of water daily.
- Continue limiting caffeine and alcohol during your treatment series.
- Maintain a healthy weight; do not gain weight during your treatment series.
- Engage in cardiovascular activity for at least 30 minutes each day, i.e. brisk walk, cycle, etc.
- Continue taking the Nutraceutical Daily Pack™, Intense Fat Burner™ and Slender Sleep™.
- Begin using Sculpt Away lipo slimming gel™, Sculpt Away firm + repair™ and the Sculpt Away CelluC™ at home to maximize and maintain results.

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.