



Lipo RF & RadioFrequency (RF) Tissue Tightening Before & After Treatment Instructions

Contraindication

- Patients with copper IUD or metal implanted device such as a pacemaker, defibrillator, cochlear implant or insulin pump may not undergo radiofrequency technology treatments.

Pre Treatment

- Especially for body treatments, drink ½ your weight in equivalent ounces of water every day. Ex: a 150 pound person should drink at least 75 ounces of water each day.
- For cellulite reduction, (1) eat salty foods the night before & day of your treatment; and ingest as much of your required water as possible the day of your treatment but still prior to your treatment appointment.
- Limit/avoid caffeine and alcohol for at least 3 days prior to each treatment to allow for maximum liver efficiency to improve results.
- Avoid NSAIDS such as ibuprofen & aleve™ as much as possible during your treatment series as these medications may hinder your results.
- For facial treatments, longevity of botox™ and dermal fillers may be affected.

Post Treatment

- Continue to consume ½ your weight in ounces of water daily.
- Continue to limit caffeine and alcohol especially for fat & cellulite reduction.
- For fat and/or cellulite reduction, engage in light cardiovascular activity for at least 30 minutes/day, i.e. brisk walk, cycle, aerobics, etc., after your treatment on the same day and for each of the 3 days thereafter. You may want to use the Sculpt Away Infrared Sauna or Vibe-Away or participate in the fitness activities at RioFit North within the Sculpt Away suite.
- Maintain a healthy diet.
- Do not gain weight during a treatment series for fat or cellulite reduction.
- For fat or cellulite reduction, gently massage twice daily the areas being treated. The Sculpt Away Team will instruct you in lymphatic massage. You will find it helpful and beneficial to use the Sculpt Away lipo-slimming gel™ with massage.
- In rare cases, you may get a slight burn. If you get a burn on your skin, gently cleanse the skin & apply hydrocortisone cream 3-4 times a day. If the burn opens or scabs, also apply antibiotic ointment on the area after the hydrocortisone cream. Please contact Sculpt Away immediately if you have any burns.

The treatment destroys up to 24% of the fat cells. This leaves a lot of 'waste' behind. Your lymphatic system needs assistance to efficiently eliminate this waste. If the waste is not removed, you will not see the results of your treatment. (the waste is still there)

Not only do you need to drink the recommended amounts of water + stay active and avoid a sedentary lifestyle, we cannot stress enough the importance of you choosing from the following treatments to boost and accelerate your results.

InfraRed Sauna – increases your body's ability to detox by 70% (weekly)

Press Away Therapy – improves circulation and assists detox (bimonthly)

Body Wrap – improves circulation and assist detox (bimonthly)

or mix and match – do saunas weekly and add a Press Away or Body Wrap to your month

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.