



## Lipodissolve/Mesotherapy Pre & Post Instructions

### Pre-Treatment Instructions

- Avoid supplements such as Gingko, Vitamin E and fish oil for 5 days prior to treatments to avoid increased bruising.
- Avoid Aspirin, Vitamin E, anti-inflammatory drugs such as Motrin, Advil or Aleve for 5 days prior to treatment to avoid increased bruising.
- Wash the area to be treated vigorously with antibacterial soap the night before or the morning of your treatment.
- Do not use any lotions, creams, bath oils or sprays on the areas to be treated the day of your treatment.
- Eat a light, high protein meal 2-4 hours before your treatment or a high protein bar approximately 30-45 minutes before your treatment.

### Post-Treatment Instructions

- You may go back to work, school and daily activities.
- Avoid hot baths for at least 48 hours.
- Avoid hot showers for at least 48 hours; warm showers are okay.
- Drink 1 gallon of water the day of your treatment and at least 80 ounces (10 glasses) of water a day until 6 weeks post treatment.
- No hot tubs or steam saunas (infrared okay after 2 days) for at least 2 weeks after treatment.
- No vigorous exercise (increased heart rate) for 48 hours.
- Wear loose fitting clothes for at least 48 hours after your treatment.
- Bruising may last for 10 or more days after treatment. Avoid drugs and herbs listed above will help to reduce bruising.
- Do not sunbathe or use a tanning bed for 2 weeks after treatment.

**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.