



UltraShape Power: Pre and Post-Treatment Instructions

Pre Treatment

- Avoid alcohol 2-3 days before treatment.
- Increase water intake leading up to your treatment.
- Make sure area to be treated is completely shaved if you have excess hair
- Come to your appointment with no lotions or self tanner on the area to be treated.
- Remove any body jewelry from area

Post Treatment

- Resume daily routine.
- Do not consume alcohol for 72 hours.
- Avoid weight gain and maintain a healthy diet and lifestyle.
- Drink plenty of water to help flush the triglycerides (fats) from your system more quickly and effectively.
- You may experience temporary or mild swelling for a few hours after treatment. No intervention is necessary.
- Treatment sessions are approximately 2 weeks apart. Three treatment sessions are expected depending on the treatment area and amount of subcutaneous fat targeted but may need more to get to your personal goal.

If you have any questions or experience any side effects, please contact our office immediately.
Text us at 202.333.4445 and email us at info@helaspa.com.