

ULTRASHAPE®

I confirm that I do not have the following contraindications to this procedure:

- Pacemaker, implanted cardiac defibrillator, or other electromagnetic implanted devices.
- Pregnant, or breastfeeding or anticipated pregnancy during the treatment phase. You are not a candidate if you are pregnant or breastfeeding.
- Metabolic disorders or are currently taking any medication that could affect fat metabolism.
- Hepatitis or other liver diseases.
- Immune system disease or connective tissue disorders.
- History of poor wound healing, an open wound or rash in the treatment area.
- Keloids, hypertrophic scars, or depressed scars in the treatment area.
- Blood or bleeding disorder.

PRE-TREATMENT CARE:

1. Drink 10 or more cups of water a day, especially the day of your treatment. This helps your body process the fat and speeds up your metabolism.
2. Do not drink alcohol the day of your treatment. If possible, eliminate alcohol completely, alcohol contains excess sugar which can cause weight gain and slows down your liver function, which is imperative to your Ultrashape® results.
3. Maintain a healthy diet, which consists of lean proteins and vegetables. Eliminate sugars and refined carbohydrates such as white bread, white pasta, white rice and sugar.
4. Avoid soda and sugary drinks and also fast food, fried foods, excess oil and butter.

POST-TREATMENT CARE:

Throughout the course of your treatment, it is imperative that you follow certain criteria in order to receive the optimal results of you Ultrashape® treatment:

1. Drink 10 or more cups of water a day following 3 days after treatment. This helps your body process the fat and speeds up your metabolism.
2. Do not drink alcohol the following 3 days after your treatment. If possible eliminate alcohol completely, alcohol contains excess sugar which can cause weight gain and slows down your liver function, which is imperative to your Ultrashape® results.
3. Maintain a healthy diet, which consists of lean proteins and vegetables. Eliminate sugars and refined carbohydrates such as white bread, white pasta, white rice and sugar.
4. Avoid soda and sugary drinks and also fast food, fried foods, excess oil and butter.
5. Walking and/or exercise will help shed fat and speed up your metabolism.
6. You may experience heat, welting or small blisters post-treatment, these should go away within 3 days post treatment and although not everyone experiences these side effects, they are normal. Please call Body+Beauty Lab if you feel that they are excessive or do not go away within a weeks' time.
7. Keep your scheduled appointments, to receive optimal results appointments should consist of 3 Ultrashape® treatments 2-4 weeks apart.

You will be weighed on the days your appointments are scheduled. Weight gain will be documented and will affect the outcome and success of your treatment. Client results will vary depending on lifestyle, health, water intake and other variables.