

## VELASHAPE®

### **You are not a candidate if have the following:**

- Pacemaker, implanted cardiac defibrillator, or other electromagnetic implanted devices.
- Pregnant or breast feeding, or anticipated pregnancy during the treatment phase.
- 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.
- Photo-sensitive medications, such as antibiotics.

### **PRE-TREATMENT CARE:**

1. Avoid tanning or prolonged sun exposure 1 week before treatment.
2. We recommend exfoliating the treatment area the night prior to the treatment.
3. Avoid anti-inflammatory/blood thinning medications 10-14 days prior to treatment. Medications such as Aspirin, Vitamin E, Ginkgo Biloba, Ginseng, St. John's Wort, Omega 3/Fish Oil Supplements, Ibuprofen, Motrin, Advil, Aleve, and other NSAIDS have a blood thinning effect and can increase the risk of bruising, redness and swelling.

### **POST-TREATMENT CARE:**

1. Avoid tanning or prolonged sun exposure 1 week after treatment.
2. Avoid excessive sweating or exercise for 48 hours post treatment. (i.e. hot tubs, saunas, etc.)
3. Following a strict, balanced diet and exercise regimen will help your results last longer.
4. After treatment, the area may feel a warm sensation for hours after your treatment.
5. It is normal for the skin to appear pink or welted for hours after the procedure. Please inform the office if the redness lasts longer than 3-days.
6. Bruising and broken blood vessels may appear and will go away in time.
7. Although rare, please inform Body+Beauty Lab immediately if a blister appears on the skin following treatment.

**During the course of your treatments, it is imperative that you follow pre- and post-treatment instructions to achieve optimal results.**