

PRE & POST CARE FOR TRUSCULPT ID AND EMS TREATMENTS

EMS (EMSculpt and cutera flex like) This device is indicated for development of a firm, toned and strong abdominal core, and or buttock, thighs, calves, shoulders, biceps and triceps. During the application, you will feel intense muscle contractions in the treated area. You can get back to your daily routine right after the treatment.

TRUSCULPT ID is indicated for destruction of fat cells in many areas of your body such as flanks, abdomen, back, triceps, inner thighs, lateral thighs (saddlebags), around the knees, and the double chin. During the treatment, you will feel heat from one applicator to the other for 15 minutes (6 pads at a time). The skin will be heated to 43-44,5 degree celsius and the fat underneath even more in order to destroy the fat cells.

Tricks to get optimal results

On some occasions, combine these 2 treatments during the same session.

Continue doing as much cardiovascular exercises as you can to burn fat and calories.

Eat 3-5 meals a day. Eat lots of fruits and vegetables before your meals without butter, mayo or fatty dressings. Have enough proteins on most meals to fill you up. Only eat whole wheat breads, pastas and brown rice instead of white. Avoid simple sugars and unnecessary fat.

Avoid juices and soft drinks. Only drink skim milks. Limit alcohol, baguette and cheese to the weekends!

Potential contraindications:

- The presence of an implanted electrical device (eg. pacemakers)
- Malignant tissue near or over treatment site
- Treatments over wounds that are infected, or overly moist
- Metal objects near treatment area
- Pregnancy

BEFORE YOUR TREATMENTS

- Be well hydrated prior to treatment
- Body piercings may need to be removed if under or near the treatment area
- For TRUSCULPT ID : All hair in the treatment and return pad area **must** be shaved

POST TREATMENT

EMS: There is no downtime! You may sometimes feel muscle soreness for 2-3 days in the treatment area.

TRUSCULPT ID:

Redness and swelling may occur and will typically resolve within a few days

- Palpable nodules (lumps or something that can be touched or felt) that are tender to touch or lumps in the treatment area may develop up to 72 hours following treatment, and typically resolve over several weeks
 - Subjects from CUTERA clinical study were advised to gently massage the nodules for 2-5 minutes twice daily
- **Multiple treatments may be required**
- **Notify clinic if any of the following occur:**
 - Blisters, Crusting or skin burns, Tenderness,
 - Redness or swelling persisting longer than a few days
 - Nodules that are tender to touch or lumps in the treatment area that last longer than 4 weeks.

If you have any questions, concerns or experience any problems, please call our office at 613-749-4668 x 115 or email at info@inovomedical.ca