



PRE & POST CARE FOR TRUSCULPT ID AND FLEX TREATMENTS

TRUSCULPT FLEX is indicated for development of a firm, toned and strong abdominal core, and or buttock (non surgical butt lift), thighs, calves, shoulders, biceps and triceps. During the application, you will feel intense muscle contractions in the treated area that will lead to significant increase in muscle mass after a few weeks. The increased muscle mass will increase your metabolism and you will burn more calories and fat. You will feel having a much better and stronger posture even after one session. There are very good scientific studies showing a significant decrease in low back pain and sciatica after just a few sessions.

For each session we can treat your full abdomen (front and sides) while we treat your friend or partner (for the same price) or we can add some more muscles such as your buttock or both shoulders and biceps, all within one session!

We recommend 4 sessions per group of muscles to gain an average of 30% in muscle mass in these areas. Then, we recommend maintaining your results with 1 session every 1-2 months. Once you have done your initial package, your monthly Flex is staying at a low price.

TRUSCULPT ID Trusculpt ID is considered the best option after liposuction. It's patented monopolar radiofrequency 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. The average fat cell destruction is 24% per treatment.

Trusculpt id has numerous advantages over coolsculpting such as half the discomfort, no risk of increased fat, and because it is heat, you get skin tightening to compensate for the fat loss, therefore staying away from extra skin redundancy.

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

If you have any questions or concerns or would like to book your maintenance treatments, please call our office at 613-749-4668 or email at info@inovomedical.ca



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

TRUSCULPT FLEX

- There is no downtime! You may sometimes feel muscle fatigue for 2-3 days in the treatment area.
- Frequent urination and/or bowel stimulation may be caused by the procedure.
- Tingling/Numbness in the areas treated up to a few hours after procedure and random muscle contraction after the procedure is normal.
- You will feel stronger and tighter! You can get back to your daily routine right after the treatment.

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. We advised to gently massage the nodules for 2-5 minutes twice daily.
- Multiple treatments may be require
- **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.

Tricks to get optimal results

Continue doing as much cardiovascular exercises as you can to burn fat and calories. Eat 3-5 meals a day. Eat lots of fruits before breakfast and vegetables before your other meals without butter, mayo or fatty dressings. Have enough proteins on most meals to fill you up. Only eat whole wheat/integral grains 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. Drink lots of water. Book your next appointments now for faster and better results.

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