



## Pre & Post Care Instructions

- Drink 10 or more cups of water a day, especially the day of your treatment and the following 3 days after treatment. This helps your body process the fat and speeds up your metabolism.
- Do not drink alcohol the day of your treatment and 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 power results.
- Have a healthy diet! Green vegetables (broccoli, kale, spinach, lettuce, etc.), and lean protein (fish, chicken, turkey); Eliminate sugars and refined carbohydrates such as white bread, white pasta, white rice, sugar, fried foods, and avoid large meals (Portion Control).
- Avoid soda pop, sugary drinks, fat foods, excess oil, and butter.
- Maintain a healthy diet, which consists of lean proteins and vegetables.
- Keep your scheduled appointments, to receive optimal results. Appointments should consist of 3 treatments 2-4 weeks apart.
- Walking and/or exercising 4-5 times a week will help shed fat and speed up your metabolism.
- You may experience heat, welting, or small blisters post-treatment. These should go away within 3 days post treatment. Although not everyone experiences the side effects, they are normal. Please call the office if you feel that they are excessive or do not go away within a week's time.
- 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. Patient results will vary depending on lifestyle, health of the patient, and other variables.

**If you have any further questions, comments, and/or concerns regarding these instructions, please feel free to contact the office during normal business hours**