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## EmSculpt Instructions

### Pre- EmSculpt Instructions:

- **DO** wear comfortable clothing on the day of treatment so that treatment areas can be easily accessed
- **DO** remove all jewelry and electronic devices prior to treatment
- **DO** notify treatment provider if you have any metal implants or pacemakers
- **DO** notify treatment provider if you are pregnant or nursing
- **DO** notify treatment provider if you have had surgery including a C-Section in the treatment area in the last year
- **DO** notify your provider if you have an IUD implant

### Post- EmSculpt Instructions:

- After the treatment, **DO** resume normal activities
- You may experience some soreness in the muscles over the next few days
- You may feel tenderness in the treated area
- **DO** resume a healthy fitness routine, diet, and lifestyle to optimize and maintain your results.

**Schedule your next session as recommended by your physician. 4 sessions in a 2 week period.**

**We want you to have an outstanding result. If you have any questions or unexpected concerns, please call the office for assistance.**