



## **SWR BodySculp Pre and Post Instructions**

### **BodySculp? Pre-treatment instructions:**

- No sun exposure 7 days prior to the treatment.
- Remove all creams or oils prior to treatment.

### **BodySculp? Post-treatment instructions**

- May experience mild pinkness or redness, tenderness, swelling, pain, itching, and skin firmness.
- Tenderness may last up to two weeks and in some clients a bit longer.
- Use a cold compress and/or acetaminophen to help relieve tenderness.
- Gently massage the area twice a day for 5-10 minutes.
- May resume normal daily activity including exercise immediately post treatment.
- Encourage proper hydration and light physical activity to help mobilize fat via the lymphatic system.
- Contact your physician if you have any concerns about your treatment areas such as increasing tenderness or swelling several days after your treatment, or if you develop blisters, hardened areas or nodules.