



SWR BodyTone Pre Post Tx Guidelines

For maximum results, please follow these guidelines:

The Bodytone which uses microcurrent energy is a procedure for the improvement of muscle atrophy and strengthening the muscles. The procedure requires a minimum of a series of (6) six - 30 minute sessions separated by at least 2 days, depending on your needs. Completing a full treatment series is necessary to maximize treatment efficacy. You may need additional treatments depending on your condition. Most maintain muscle bulk by coming 1 time per month thereafter.

Before your appointment: Remove any metal jewelry, implants or piercings. The area to be treated should be clean and dry without wounds or skin injury. You cannot be pregnant or possibly pregnant. You cannot have an electronic pacemaker, defibrillator, or other implanted device that may be affected by microcurrent energy. You cannot have had recent surgery in the area or hernia. Use the bathroom prior to your visit. Please wear comfortable clothing which allows flexibility for correct positioning during the treatment.

During your appointment: You will be weighed, measured and photographed. Pads will be attached the area you would like to tone. There is typically minimal to no discomfort with your treatment and no anesthetic is used. The muscle will contract without your effort. It can feel intense but is not described as painful. Your technician will be present to start and end the treatment to check for pain. In addition, you will have a pause button to push if needing to stop treatment.

After your appointment: You may have local erythema or skin redness immediately after treatment. Some report tenderness, muscular pain, muscle spasm, temporary joint or tendon pain and . This may begin immediately and/or 1-3 days after treatment. The symptoms usually lasts up to a few days to weeks and heals without needing clinic intervention. Take acetaminophen and cold compresses if needed for pain

Stay well hydrated. Engage in light physical activity. Drink 6-8 glasses of water a day. Take a daily walk or continue your regular exercise routine but skip muscle building in the area(s)treated.

You may resume your normal daily activities immediately after your treatment.

Contact Skinwise Rx 503.964.5334 if you have concerns about your treatment such as increasing tenderness, blisters or swelling several days after your treatment.

A successful treatment outcome can be affected by smoking or excessive alcohol consumption, as well as: eating disorders or on-going medication and changes in weight.

I have read this entire document and that I agree with all provisions. I certify that I have had the opportunity to ask questions and these questions have been answered in full to my satisfaction. I fully understand the treatment conditions, the procedure and possible side effects. I have read all the above information, and I request and give my consent to be treated with the Bodytone by the doctor(s) in this practice and the designated staff