

## Pre-Treatment Instructions for TempSure™ Heating and Cellulite Treatment

- Shave any dense hair on area to be treated.
- Do not wear constrictive clothing. Treatment area must be accessible and a secondary area for the Neutral Pad will also need to be accessed.
- The treatment area must be free of any open lesions or infections.
- For an optimum treatment, hydrate by drinking water or hydrating fluids several days in preparation. Avoid alcohol if possible.

## Post-Treatment Instructions for TempSure™ Heating and Cellulite Treatment

- The client may return to normal activity after treatment.
- If skin is slightly pink or red, avoid hot water until subsided.
- Soothing non-irritating moisturizers may be used.
- Use sun block with UVA and UVB protection with SPF 30 or greater to prevent sun damage.
- It is recommended to maintain weight. Gaining excess weight will compromise treatments.
- Exercise will enhance your results. Always check with your practitioner prior to starting any exercise program.
- Treatments must be given at the suggested intervals to obtain optimal results.
- Maintenance treatments are recommended every six months.