



## **Emsculpt**

*Contact our office with any questions or concerns at 210-245-4050*

You are scheduled for a series of non-invasive treatments with the Emsculpt. The device is indicated for improvement of abdominal tone, strengthening of the abdominal muscles, development of firmer abdomen. Strengthening, toning and firming of buttocks, thighs and calves. Improvement of muscle tone and firmness, for strengthening muscles in arms.

### **Pre Treatment Instructions**

- **There are no special instructions required for you before your treatment, however keeping your body well hydrated is recommended.**
- A successful treatment outcome can be affected by smoking or excessive alcohol consumption, as well as: eating disorders or on-going medication.
- On the day of the treatment, you are advised to wear comfortable clothing which allows flexibility for correct positioning during the treatment. You will be asked to remove all metallic accessories and electronic devices
- Your treatment provider will discuss your specific treatment needs.

### **During Your Treatment**

- The treatment does not require anesthesia.
- During the application, you will feel intense muscle contractions in the treated area.
- The procedure doesn't require any recovery time. Typically, you can get back to your daily routine right after the treatment.

### **Post Treatment Instructions**

- **There is no downtime with Emsculpt! You can return to work, school and daily activities**
- Avoid targeted workouts on the area treated with Emsculpt. This can cause strain on the muscle groups.
- Continue practicing healthy lifestyle habits, such as drinking water, exercising, and eating healthy foods. You can maximize your results with Emsculpt by adopting these habits!