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**Treatment Instructions for UltraShape**

*Disclaimer: You are not a candidate if have the following:*

* *Pacemaker, implanted cardiac defibrillator, or other electromagnetic implanted devices*
* *Pregnant or breast feeding, or anticipated pregnancy during the treatment phase*
* *Metabolic disorders or are currently taking any medication that could affect fat metabolism*
* *Hepatitis or other liver diseases*
* *Immune system disease or connective tissue disorders*
* *History of poor wound healing, an open wound, or rash in the treatment area*
* *Keloids, hypertrophic scars, or depressed scars in the treatment area*
* *Blood or bleeding disorder*
* *Photo-sensitive medications, such as antibiotics*

Pre-Treatment Instructions:

* Maintain a healthy diet consisting of meats and vegetables.
* Avoid soda or sugary drinks along with fast food, fried foods, excess oil, and butter.
* Eliminate all sugars and refined carbs, such as white bread, white pasta, white rice, and sugar.
* Do not drink alcohol the day of your treatment and 3-days post treatment. If possible, eliminate alcohol completely to achieve optimal results from your treatments. Alcohol contains excess sugar which can cause weight gain and slow down your liver function.
* Drink 10 or more cups of water a day, especially the day of your treatment and the 3-days post treatment. This will help your body process the eliminated fat from treatment and speeds up your metabolism.

Post-Treatment Instructions:

* Following a strict, balanced diet and exercise regimen will help your results last longer.
* Walking and/or exercising will help eliminate fat and speed up your metabolism.

What To Expect:

* After treatment, you may experience heat or welting. Although these should disappear within 3-days post treatment, please contact the office if they do not go away within a weeks’ time.
* Although rare, please inform the office immediately if a blister appears on the skin following treatment.

During the course of your treatments, it is imperative that you follow pre- and post-treatment instructions to achieve optimal results. Keep your 3 UltraShape treatments scheduled 2 weeks apart to achieve desired results. You will be weighed on the days of your appointments (weight gain will be documented and will affect the outcome and success of your treatment. Patient results will vary depending on lifestyle, health, water intake, and other variables.