

PHYSIQ Body Contouring Pre/Post Care Instructions

What to Expect

PHYSIQ body contouring is a quick and easy treatment which helps increase muscle tone and reduce body fat. During your treatment, applicators will be applied to the desired treatment area and utilizes two forms of energy- EMS (muscle stimulation), and SDM (fat dissolving). During your treatment you will feel warmth from the SDM, and a “tingling” contraction feeling during EMS, neither of which should ever become painful.

Pre-Treatment

- Discontinue the use of Accutane 4 – 6 months prior to starting your treatments.
- Avoid sun exposure for 2-4 weeks prior to your treatment.
- Be sure to drink plenty of water in the 3-4 days leading up to your treatment.
- NO ASPIRIN (5 DAYS PRIOR)
- Please come to your appointment clean shaven (if applicable to the area being treated)
- Do not apply any lotion, deodorant, or any form of artificial tanner to the treatment area.

Post-Treatment

- Massage the treated area with the PHYSIQ post care lotion using significant pressure immediately post treatment and 2x/day throughout your entire series.
- Increase water intake-adequate hydration is a healthy habit, especially after a PHYSIQ treatment. Increasing water intake before and after will help flush the lymphatic system.
- Limit alcohol-limit your alcohol consumption for 3-4 days after your treatment.
- Avoid any activities which raise your blood temperate for 2-3 days post treatment. This includes strenuous exercise, hot tubs, saunas, etc.
- Avoid prolonged sun exposure for 2 weeks post treatment. If in the sun, cover up the treated area with a sunblock SPF50 or higher.
- For optimal results, treatments should be scheduled 1 week apart until completion of your series.

Date *

MM/DD/YYYY

Signature *