



## PRE & POST TREATMENT INSTRUCTIONS

### ✦ EMSculpt NEO

Emsculpt NEO is a non-invasive FDA-approved body-shaping treatment. It is completely painless, and no downtime is needed. Emsculpt NEO's results look very natural.

Unlike other body contouring options that we offer (CoolSculpting Elite and ultrasonic cavitation), Emsculpt NEO tones muscles along with addressing excess fat. Cryolipolysis and fat cavitation cannot build or tone muscle tissue. To get the amount of muscle improvement that a single Emsculpt NEO session offers, a person would need to do 20,000 crunches or 20,000 squats.

Whether you're looking to get a flatter stomach and washboard abs, tackle bingo wings hanging from your upper arms, define your legs, or get the sculpted butt you've been dreaming of, Emsculpt NEO is for you. Emsculpt NEO uses state-of-the-art equipment to achieve a 25% muscle volume increase on average, along with an average 30% fat reduction in the targeted areas.





## ★ BENEFITS

EmSculpt NEO's applicator also emits HIFEM+ (High-Intensity Focused Electromagnetic) energy. This is directed at the muscles and travels safely through the skin and fat layers. The electric currents of the HIFEM+ energy cause muscle fibers to experience supramaximal contractions, which are much more intense than voluntary muscle contractions.

Its cutting-edge technology emits RF (radio frequency) energy to heat subcutaneous fat cells, causing cell death, scientifically known as apoptosis. These cells are gradually filtered out of the body, creating volume reduction and contouring in the treated areas.

### PRE-PROCEDURE

- ★ Avoid alcoholic or caffeinated beverages for a few hours before your treatment. Arrive at your appointment with your body hydrated for best results.
- ★ Wear comfortable clothing that allows flexibility during treatment.
- ★ Remove all metallic accessories, such as jewelry, watches or clothes containing metallic threads or metallic accessories.
- ★ Notify your provider if you have any electronic implants such as pacemakers, defibrillators, metallic IUDs, etc.

### POST-PROCEDURE

- ★ EmSculpt Neo doesn't require any recovery time. Typically, you can get back to your daily routine right after the treatment.
- ★ Please note that while no special diet is required, you are encouraged to eat healthy and remain active to help promote and maintain best results. Weight gain will prevent you from appreciating your full results.
- ★ Schedule your following appointment for 7 days after your last treatment.

