



VFIT LIFESTYLE

VSculpt Treatment Pre & Post-Care Instructions

Laser Lipo, Ultrasound Cavitation & Cellulite Treatments

It is essential that you follow these instructions for optimal results.

Pre-treatment Instructions

2-3 Days before Treatment

- Drink 64 ounces of water per day 72 hours before treatment.
- Do not drink alcohol, caffeine or eat sugar 72 hours before treatment.
- Do not eat fatty/greasy foods or carbohydrates such as white bread, rice, pasta, etc. 2 to 3 days before your treatment.
- Do not take diuretics until the day after treatment (e.g., lasix, maxide, hydrochlorothiazide)

Day of Treatment Instructions

- Drink 24 ounces of water before the procedure.
- Do NOT eat 2 hours after your treatment.
 - Eat a light meal (meat & veggie)
 - No caffeine, alcohol or sugar.
- Take your normal prescribed medications.
- Remove jewelry in the treatment area (navel rings, earrings, ect).
- Wear loose clothing that will easily expose the area to be treated. And wear socks.
 - Empty bladder immediately before
 - Turn off your phone and relax.
- Remember: This treatment does not hurt!

Post-treatment Instructions

- Clients will participate in our whole body vibration machine treatment to enhance lymphatic drainage.
- Wear a waist trainer and/or compression garment immediately after treatment for 8 hours and 6 hours daily thereafter. If you don't have a waist trainer we have them to purchase.
- Exercise while wearing your waist trainer or compression garment daily to stimulate lymphatic drainage.
 - Drink at least 64 ounces of water daily.
- Do not drink alcohol, caffeine or eat any fatty/greasy foods during your treatment program.



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- Avoid carbohydrates such as white bread, rice, pasta, etc.
 - Increase consumption of fruits and vegetables
 - Resume all medications, including diuretics

Post-treatment instructions for Skin Tightening

- Apply sunscreen of at least SPF 30 to the treated area daily.

Possible symptoms after treatment

1. Diarrhea - When you successfully remove fat from your body, it has to be removed through your stool. Due to this, you may or may not notice an increase in bowel movements. Diarrhea should not continue longer than 36 hours and should be mild. It is a good sign that your body is removing the fat quickly.
2. Increase in urination - Loss of water from your tissues is normal after these types of treatments and indicates that you are removing fat from your body. Fat enters the blood from the lymphatic system, increases the “thickness” of the blood (oncotic pressure) and pulls water from tissues to carry the fat to the bowel for removal.
3. Flu-like symptoms - This symptom is rare. Flu-like symptoms occur when toxins in the fat are removed through the lymphatic system, and this temporary and fleeting symptom is a sign that your body is removing the toxins along with the fat!
4. Hunger or Cravings - Just like when you exercise, you may have an increased appetite after treatment. This is your body attempting to return to normal by re-accumulating fat. Do not increase your food intake! Avoid carbohydrates, especially alcohol! Eat a low-carb, low-fat diet, drink lots of water and exercise to keep the fat from re-forming.