

VANQUISH Radiofrequency Fat Reduction: Pre-Treatment and Post-Treatment Instructions

1. PRE-TREATMENT INSTRUCTIONS:

- a. Radiofrequency energy is focused on water molecules in the cells; drinking lots of water before the treatment and being well hydrated will give better results. Being "dry" or less hydrated before the treatment will give less favorable results. **Drink lots of water (AT LEAST 8 BIG GLASSES PER DAY) for 3 days before and after!** We measure your percent water weight each time to help you get the best results you can from your procedure. Do not do a heavy work-out right before the session.
- b. Tell the doctor if you have any of the following medical conditions so she can determine if you are a candidate for the treatment:
 - * Pacemaker/automatic defibrillator (past or current), cochlear implant, implanted device or stimulator, any metal plates/parts/pieces in you, metal wires left behind, insulin pump, metal IUD
 - * Pregnant---or think you might be pregnant--or breast feeding
 - * Any major medical problems--cancer or infection in treatment site, fever, thermoregulatory issues, bleeding disorder, major medical issue, or actively menstruating
- c. Best results are achieved with a series of approximately six treatments, spaced once a week.
- d. In preparation for the treatment, depending on the site(s) being treated, you may want to wear thong underwear which best exposes the treatment sites. Wear comfortable clothes. No underwire in bra.
- e. Directly before the treatment: remove all jewelry, watches, piercings, metal hair pins, coins/key in pockets. We recommend taking off these items **BEFORE** coming into the office.
- f. Drink a lot of water, and stay well hydrated, at least 3 days before and after the procedure.

2. POST-TREATMENT INSTRUCTIONS:

- a. After the treatment, you should experience a brief period of redness, warmth, and minor swelling. That is all. You may feel quite warm for a few hours. Any pain, redness, blisters, discomfort, or persistent issues--call the office.
- b. Drink 2 glasses of water immediately after the treatment. Drink 8-10 cups of water a day for 3 days following the treatment--improves lymphatic drainage.
- c. Avoid washing the treated area with hot water for 24 hours following the treatment
- d. Avoid rejuvenation products to the treated area for several days as they may be irritating
- e. Avoid excessive exercise, heating, hot baths or saunas for 3 days following the treatment. Light exercise after the treatment is recommended--improves lymphatic drainage.
- f. Avoid consumption of alcoholic drinks for 3 days after the treatment
- g. Apply moisturizer to the treatment area to maintain hydration.
- h. Ice should **NOT** be applied to the treatment area.
- i. The number of treatments is variable depending on: degree of skin irregularity, patient age, skin condition, smoking history, medical history, weight loss/gain, and other "human variables". Dr. Duke has reviewed appropriate treatment expectations and alternative treatment options.
- k. The treatment area should be red for a few minutes to hours, and then return to normal. There should be no crusting, scabbing, pain, swelling, irritation, or other change in the skin following the treatment. The area may feel warm for a few hours, then return to normal. Very mild discomfort is possible. Any pain or blisters or persistent redness in the treatment area, call the office.

If you experience any change in your skin you are concerned about, please call our office at 860-245-0000.