

## Pre/Post WarmSculpting with SculpSure

- If you have had liposuction, CoolSculpting, or other body-shaping procedures, let Dr. Black, Brooke Smart FNP, or Cheryl Sundlov PA-C know, and we will determine the safest time to start laser treatment. This is typically 4 months after liposuction procedures.
- If you have taken Accutane (isotretinoin), let Dr. Black, Brooke or Cheryl know and we will determine the safest time to start laser treatment. This is typically 6 months after completing Accutane.
- Please let Dr. Black, Brooke or Cheryl know if you have a history of skin disorders triggered by light, like Lupus or Polymorphous Light Eruption, or if you have a history of keloid scar formation.
- Wait 3 months after pregnancy or breast feeding to begin treatment.
- Avoid treatment if you have an unrepaired abdominal hernia, have been treated with Gold treatment in the past, are immunosuppressed (for example HIV or leukemia) or use immunosuppressive medications.
- Let Dr. Black, Brooke, or Cheryl know if you are taking steroids like Prednisone or other anti-inflammatory medications.
- You must have sensation in the areas treated to detect the pain level with the procedure.

### Before Treatment

1. Do not apply lotions or any other topical treatments to the area being treated.
2. Shave the area if needed the night before treatment.
3. Drink water and eat breakfast or lunch before coming to your appointment.
4. Please bring black bikini underwear or boy shorts and a black bra (women) or black boxers or briefs (men) for each SculpSure appointment, including follow-up appointments.
5. Wear comfortable clothing the day of the procedure. Workout clothing works well since it is stretchy.
6. Do not tan the areas to be treated for 1 week prior to treatment. Wear SPF 30 or higher sunscreen on the areas if you are exposed to the sun. Complications from the laser are greatly increased if your skin is recently tanned or sunburned.
7. **Avoid aspirin, ibuprofen (Advil, Motrin) and Aleve (naproxen) for 10 days prior to treatment and after treatment.** Since the laser causes inflammation when the fat cells are destroyed (which we believe may also help tighten the skin over the fat), we do not want to decrease that inflammatory process.
8. Because the laser is destroying fat cells, you can expect moderate pain (like a deep sensation of warmth) or discomfort during the procedure. This heat sensation will occur in waves over about 20 of the 25 minutes of the procedure. We encourage you to bring your cell phone or iPod with your favorite music and earbuds or headphones to use during the treatment. This may help diminish and distract from the discomfort. Depending on the areas treated, you will have a 25 minutes session or two 25 minutes sessions done back-to-back.

### After Treatment

1. Mild redness, tenderness, swelling or tissue firmness/nodules may be present after treatment and may last days or even weeks. Areas that may develop more nodules that are longer-lasting are the inner and outer thighs and arms.
2. Tenderness may last up to 2 weeks or longer in some cases.
3. Massage the treated area 2-3 times a day for 5-10mins. (We recommend getting a small hand-held massager)
4. Use cold compresses and/or take acetaminophen (Tylenol) to help relieve pain, which should be minimal. Continue to avoid anti-inflammatory medications like aspirin, ibuprofen (Advil, Motrin) and Aleve (naproxen) for 10 days after treatment.
5. Laser-treated skin can be more sun-sensitive for a few days to weeks. Apply SPF 30 or higher sunscreen to the treated areas daily if they are exposed to the sun.
6. You can exercise after your treatment or go back to your normal routine immediately.
7. Expect to see 20-25% reduction of the fat in a treated area with each session on the love handles or abdomen. Typically, these areas will require 2-3 sessions. In the inner and outer thighs and on the back "bra fat", you will typically see 8-10% reduction with each treatment session, so 4 sessions may be needed.