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EMSCULPT NEO PRE- AND POST-CARE GUIDE

PRE-TREATMENT INSTRUCTIONS

There is no required preparation for EmSculpt Neo treatment.

WHAT TO EXPECT DURING TREATMENT

You will lay down while the applicators are applied over the treatment area for **30 minutes**.

During the treatment you may feel intense yet tolerable heating sensation along with muscle contractions.

POST-TREATMENT INSTRUCTIONS

Mild soreness is common post-treatment, similar to after an intense workout.

It is recommended to consume between 20-30g of protein after your treatment, as this will help reduce muscle soreness.

There is no recovery time needed and you can resume normal activities right away.

We want you to have a safe and exceptional experience at BeautyFix!

If you experience discomfort within 12 hours post-treatment, please call BeautyFix at 212-366-4787 or email us at customercare@beautyfixmedspa.com with your concerns.