



212.366.4787 | www.beautyfixmedspa.com

TRUSCULPT FLEX PRE- AND POST-CARE GUIDE

PRE-TREATMENT INSTRUCTIONS

Be aware that hair in the treatment/gel pad area may need to be shaved prior to treatment.

Hydrate well for at least **24 hours** prior to treatment.

Body piercings may need to be removed if under or near the treatment area.

Refrain from alcoholic beverages, caffeine and fatty foods during the treatment regimen.

Exercise is not recommended on the **day of** treatment.

POST-TREATMENT INSTRUCTIONS

Frequent urination and/or bowel stimulation may occur post-treatment.

Tingling in the treated area is common for up to a **few hours** after the procedure.

Slight muscle soreness/tenderness is common for **24-72 hours** after the procedure.
Random muscle contractions may occur after the procedure.

Slimming in the treated area may occur for up to **48 hours** after the procedure.

Be aware that the increase in metabolic rate results in feeling hungry more frequently post-treatment. Weight gain will prevent you from attaining your full results. Maintaining a healthy diet and exercise routine after treatment is crucial to see the best results.

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.