



**MARLOWE MD**  
**& MARRS MD**  
ENT + AESTHETICS

## SculpSure Patient Information

### **Before your appointment, please remember:**

- \*Avoid direct sun exposure to the treatment area 7 days before the treatment.
- \*Your skin should be free of creams or lotions.
- \*If you have thick hair in the treatment area, shave or trim before the treatment.
- \*Wear plain black (or be consistent with the same for your follow up) underwear and/or bra, this provides a consistent look in your before-and-after photos.
- \*Have a light meal and drink 2-3 glasses of water.
- \*You're welcome to have electronic devices such as phones, music, iPads, etc. please bring them if you would like to use them.
- \*You may also take a regular dose of ibuprofen 20-30 minutes before treatment to help lessen discomfort
- \*Preparing for a big event? Make sure you book your first treatment 3 months prior for optimal results.

### **What to Expect During Treatment:**

- \*At the beginning of the treatment You will feel a slight warming sensation.
- \*Contact Cooling™ stays on throughout the treatment, which helps keep the skin safe and comfortable.
- \*2 minutes into the treatment You will start to feel peaks of warmth followed by cooling.
- \*4 minutes into the treatment You will feel deep warmth and tingling. Some clients feel a sensation of pressure or prickling — this is okay! The warmth builds to peaks of deep heating. This lets you know that you are in the fat destruction zone!
- \*Remaining 21 minutes You will feel continuous cycles of deep heat as well as cooling sensations throughout your treatment

## **Please Continue on Back**

### **What to Expect After Treatment:**

Since there is no downtime, you can get back to your normal routine right away. For the best results, we suggest the following:

- \* Gently massage the area twice a day for 5-10 minutes, until any tissue tenderness resolves.

- \* Be sure to drink water — ideally 8 or more glasses each day.

- \* Any exercise, even light cardio or low-impact workouts helps the damaged fat cells move through the lymphatic system.

- \*Remember: Maintaining your weight and healthy eating will allow you to fully appreciate the benefits of your treatment.

- \* You may experience mild redness, tenderness, swelling or tissue firmness in the treatment area. Tenderness may last two weeks or longer.

- \*If needed, use a cold compress and/or acetaminophen to help relieve tenderness.

- \*For body areas, if nodules occur, they typically last for days or 6 months or longer, depending on the size of the nodule. While uncommon, some nodules may be permanent.

- \*For inner thigh post-treatment, avoid crossing legs until any tenderness has resolved.

- \*For submental post-treatment, client should elevate treatment area on pillows while sleeping.