

## EmSculpt NEO

### Pre-Care:

1. Hydration: Ensure you are well-hydrated before the treatment. Proper hydration can improve the effectiveness of the procedure and aid in recovery.
2. Clothing: Wear comfortable clothing to the session. Depending on the treatment area, you may need to expose certain parts of your body.
3. Avoid Sun Exposure: Limit sun exposure to the treatment area for a few days before the procedure to reduce the risk of skin irritation.
4. No Recent Injuries: Inform your provider about any recent injuries or surgeries. It's advisable to wait until you have fully recovered from any recent procedures.
5. No Recent Tanning: Avoid tanning beds or excessive sun exposure in the weeks leading up to the treatment.
6. Medication Review: Discuss any medications or supplements you are taking with your healthcare provider. They will advise you on whether to continue or adjust your medication regimen.

### Post-Care:

1. Hydration: Continue to stay well-hydrated post-treatment to support the body's recovery process.
2. Light Activity: Engage in light activities such as walking to encourage blood circulation and aid in the elimination of byproducts from the treatment.
3. Avoid Intense Workouts: Refrain from strenuous exercise for a day or two after the procedure. This allows the muscles to recover without additional stress.
4. Healthy Diet: Maintain a balanced and healthy diet to support the body in building muscle and recovering from the treatment.
5. Follow Provider's Instructions: Adhere to any specific post-care instructions provided by your healthcare provider. This may include guidelines on skincare, pain management, or additional recommendations.
6. Monitor for Side Effects: Keep an eye out for any unusual side effects such as excessive soreness, redness, or swelling. Contact your healthcare provider if you experience any concerning symptoms.