

Emtone

Pre-Care:

1. Consultation: Schedule a consultation with a qualified healthcare provider to assess whether Emtone is suitable for your specific concerns and skin type.
2. Hydration: Ensure you are well-hydrated leading up to the treatment. Proper hydration can enhance the effectiveness of the procedure and help with skin elasticity.
3. Clothing: Wear comfortable clothing to the session, as the treatment may target areas that require exposure.
4. Avoid Sun Exposure: Minimize sun exposure to the treatment area for a few days before the procedure to reduce the risk of skin irritation.
5. No Recent Injuries or Infections: Inform your provider about any recent injuries or infections in the treatment area. It's advisable to wait until you have fully healed before undergoing the procedure.
6. No Recent Tanning: Avoid tanning beds or excessive sun exposure in the weeks leading up to the treatment.
7. 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 and maintain skin health.
2. Avoid Intense Workouts: Refrain from vigorous exercise for a day or two after the procedure. This allows the treated areas to recover without additional stress.
3. Comfortable Clothing: Wear loose, comfortable clothing post-treatment to avoid unnecessary friction or pressure on the treated areas.
4. 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.
5. Monitor for Side Effects: Keep an eye out for any unusual side effects such as redness, swelling, or discomfort. Contact your healthcare provider if you experience any concerning symptoms.