

emsculpt

You may not undergo an emsculpt treatment if you:

- are pregnant or lactating
- have epilepsy
- have a **cardiac pacemaker**, implanted defibrillator, medication pump, electronic and/or **metal implants, or recent surgery** in the treatment area
- **have a copper/metal iud** ("paragard")

PRE Wear comfortable clothing on the day of treatment so that treatment areas can be easily accessed. Notify treatment provider if you have any metal implants or pacemakers. Notify treatment provider if you are pregnant or nursing. Notify treatment provider if you have had surgery including a C-Section in the treatment area in the last year.

WHAT TO EXPECT

Each Emsculpt session takes **20-30 minutes**, depending on the areas being treated, and requires **no recovery time**. The procedure feels like an intense workout, but you can relax during the session and should not experience significant discomfort.

A typical course of treatment includes **four sessions scheduled two to three days apart**. Your provider will work with you to develop a personalized treatment plan specific to your body and your goals so that you can enjoy the most dramatic results possible.

POST

After treatment, **you may resume normal activities**.

You may experience some soreness in the muscles over the next few days. **DO NOT OVER EXHAUST** the muscles being treated during any physical activity in between treatments. Be sure to resume a healthy fitness routine, diet, and lifestyle after you've completed your series to optimize and maintain your results.

For best results, this treatment is recommended in a series, to be spaced days apart. Return for follow-up photos 60 days after the completion of your series to evaluate results.

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