

KATRINAS
SKINWORKS
SOLUTIONS • TREATMENTS • RESULTS

**RECOMMENDED PRE & POST CARE FOR
TRUSCUPLT FLEX TREATMENTS**

For best results please follow these instructions

BEFORE YOUR TREATMENT:

- Hair in the treatment and gel pad area may need to be shaved.
- Be well hydrated prior to treatment.
- Body piercings may need to be removed if under or near the treatment area.
- Do not exercise within the 12 hours prior to treatment, as it may affect your tolerability of the treatment.
- Notify Katrinas salon of any changes to your health history or medications since your last appointment.

AFTER YOUR TREATMENT:

- Frequent urination and/or bowel stimulation may be caused by the procedure.
- Tingling/Numbness in the areas treated up to a few hours after procedure.
- Slight muscle soreness/tenderness 24-72 hours after procedure.
- Random muscle contraction after procedure.
- Increase in metabolic rate results in feeling hungry more frequently. Please be aware of this fact and DO NOT overeat.
- Burns beneath the electrodes have been reported with the use of powered muscle stimulators. If this occurs, please call our Burpengary salon on (07) 3888 6288 for wound management instruction.

Additional instructions: _____

Contact Katrinas Skin Works, Burpengary on (07) 3888 6288 if you have any concerns or questions.