

EMSCULPT NEO Instructions

Pre-Treatment Instructions for EMSCULPT NEO:

- **Hydration:** Ensure your body is well hydrated before the treatment.
- **Clothing:** Wear comfortable clothing that allows flexibility for correct positioning during the treatment.
- **Metallic Accessories:** Remove all metallic accessories and electronic devices before the treatment.
- **Lifestyle:** Avoid smoking, excessive alcohol consumption, and maintain a healthy diet to promote better results.

What to Expect During the EMSCULPT NEO Procedure:

- Your treatment provider will ensure you are comfortable and will attach the applicators to your body
- **Sensations:** You will experience strong muscle contractions along with a heating sensation, which is normal and indicates the treatment is working.
- **Duration:** Each session typically lasts about 30 minutes.
- **Comfort:** While the procedure may feel intense, it is not typically painful. Your treatment provider will adjust the intensity to your comfort level.
- **Immediate Aftermath:** There's no downtime required. You can leave the clinic immediately after the session and return to your daily routine.

Post-Treatment Instructions for EMSCULPT NEO:

- **Normal Activities:** You can resume daily activities immediately after the treatment, as there is no required recovery time.
- **Sensations:** Expect to feel intense muscle contractions and a heating sensation in the treated area during the procedure.
- **Aftercare:** Follow any specific aftercare instructions provided by your treatment provider.