

lachele

AESTHETICS & WELLNESS

Emsculpt NEO Pre Treatment Instructions

- Emsculpt NEO is a device designed to eliminate fat cells and build muscle non-invasively using radiofrequency heating and HIFEM technology. This treatment is FDA cleared to for lipolysis (breakdown of fat) in the abdomen and thighs. It can also be used to strengthen, tone, and firm the abdomen, buttocks, thighs, calves, and arms.
- You are scheduled for a series of non-invasive body contouring treatments with Emsculpt NEO. The device is indicated to improve muscle tone and decrease subcutaneous tissue in the treated area(s) with HIFEM and radiofrequency technology.
- You are not fit for treatment if you are pregnant, breast feeding, have metal in the body, electronic implants (pacemakers, defibrillators, drug pumps), IUD's, existing hernia or history of hernia, malignant tumors, severe cardiovascular diseases, recent surgeries, pulmonary insufficiencies, swollen or inflamed areas, varicose veins, cancerous lesions, or epilepsy. You are also not fit for treatment if the area of treatment has rashes, open wounds/cuts, scarring, or heat intolerance.
- **An initial series of four treatments** are recommended. The treatment is typically about 30 minutes per session, with **sessions scheduled 7-10 days apart**. Completing a full treatment series is necessary to maximize treatment efficacy. You may need additional treatments depending on your goals. Maintenance is necessary.
- Before *and* after treatment, we recommend **adequate hydration!**
- On the day of the treatment, you are advised to **wear comfortable clothing** which allows flexibility for correct positioning during the treatment. You will be asked to **remove all jewelry and electronic devices. Clothing must be removed from area of treatment. No metal on the body including pant buttons.** Photos of the treatment area will be taken before each appointment. Please keep undergarments the same, or feel free to change into our disposable garments.
- Optimal results are seen 2-3 months after the last treatment. It is recommended to maintain a healthy lifestyle and diet post-treatment to enhance and promote best results.
- I acknowledge that successful treatment outcomes can be affected by smoking or excessive alcohol consumption, as well as eating disorders or on-going medication. With no special diet is required, you are encouraged to eat healthy to help promote and maintain results. Completing a full treatment series is necessary to maximize treatment efficacy. Additional treatments may be needed depending on your goals and condition.
- There is typically no pain associated with your treatment and there is no anesthetic required. Possible side effects include muscular pain, temporary muscle spasms, temporary joint or tendon pain, local erythema or skin redness.
- During the application you will feel intense, yet not painful contractions in the treated area. The procedure doesn't require any recovery time. Typically, you can get back to your daily routine right after the treatment.

If you have any questions or concerns, please call our offices at (855) 522-4353 and follow the prompt for your desired location. During off hours, call Dr. Espinoza's cell at (908) 303-5694.

You can also email us at team@lachele.com