

Center for Aesthetic and Laser Medicine Scottsdale

truSculpt iD

Preparation & Aftercare Instructions

truSculpt iD is a state-of-the-art, radiofrequency-energy based treatment that **permanently reduces fat**. This truly innovative system provides a **non-invasive, comfortable heat** treatment that is **uniquely customizable and highly effective in permanently removing fat**. A welcome benefit is that it also has the potential to induce **skin tightening** simultaneously. The truSculpt iD system is a great option for both men and women of any shape or body size. For best results, please follow these instructions.

BEFORE YOUR TREATMENT:

1 month before: Discontinue sunless tanners in the area to be treated.

On the day of treatment:

- **The area to be treated and upper back need to be free of hair** so that truSculpt iD pads have good contact with your skin. If you are unable to shave or remove hair from the upper back, we can do this at your appointment.
- **Do not apply creams, lotions or powders** to the area to be treated and upper back; these areas should be clean and dry.
- **Do not apply any numbing medications.** They are unnecessary and could compromise the safety and effectiveness of your treatment.
- **Drink plenty of fluids & eat** prior to your appointment to optimize your treatment.
- **Jewelry/body piercings may need to be removed** if under/near the treatment area. Please notify clinic of any changes to your health or medications since your last visit.

AFTER YOUR TREATMENT:

- Redness and swelling may occur and typically resolve within a few hours to days.
- Palpable nodules that are tender to touch or lumps in the treatment area may develop in the treated area up to 72 hours following treatment and typically resolve over several weeks. Gently massage the nodules for 2-5 minutes twice daily to hasten their resolution.
- Apply Alastin TransForm twice daily to treatment areas to further enhance the effects of your treatment (optional).
- **Notify clinic if any of the following occur:**
 - Blister, crusting or skin burns
 - Tenderness, redness or swelling persisting longer than a few days
 - Nodules that are tender or lumps in the treatment area that last longer than 4 weeks.

Fat cell destruction occurs slowly over the next 3 months. During this period, *if* you are able to avoid or minimize anti-inflammatory medications, such as ibuprofen (Motrin, Advil), naproxen (Naprosyn, Aleve), aspirin, etc., you will optimize your results (optional). Those who need to take these still achieve excellent responses. (Consult your health care provider prior to discontinuing these medications.) A healthy diet further improves results. Multiple treatments may be required to achieve your desired cosmetic goal.

Please contact us with any questions or concerns
480-591-3500 or 602-494-1817