

## VANQUISH™ PRE TREATMENT CONSIDERATIONS

- All active implanted device including but not limited to cardiac defibrillator, a pacemaker, cochlear implant. If you had one of these implanted devices in the past, but it has since been removed, please let your treatment provider know.
- Pregnancy and/or nursing.
- Metal implants.
- Cancer
- Infection
- Heat sensitivity
- Open wound in treatment area

### PREPARE:

- Please arrive at your appointment well hydrated (1 gallon). Additionally, we recommend light physical activity after treatment to help with lymphatic flow.
- Wear comfortable clothing.
- Remove all jewelry.
- Use the restroom facilities prior to your procedure.
- Please eat a small snack if your procedure falls between normal meal times. You will not be able to pause treatment or eat during procedure.
- Cell phone use is restricted, as the device will short-circuit your phone (this is mandatory-you will be provided a basket for your belongings).

- If you feel any “hot spot” area during your treatment, please notify the assistant immediately, and the device can be repositioned.
- You will have a fan blowing on the treated area to help with any sensation of feeling overly hot in treated area, if you feel cold, please ask for a blanket and one will be provided.

## VANQUISH™ POST TREATMENT CONSIDERATIONS

- You may experience transient erythema (redness) that will last from a few minutes to an hour or possibly longer.
- Your skin may feel quite warm for up to a few hours after treatment as deep tissue retains heat longer.
- You may feel tenderness in the treated area.
- Vanquish treatments are scheduled every 7-10 days (no more than 10 days apart) for a total of 4 treatments. You will see your results approximately 4 weeks after completing your last treatment (some may see sooner).
- Please remember, as with any fat reducing device, optimal results are achieved with a balance of a healthy diet and a daily exercise regimen along with this treatment.
- There are no restrictions on the amount of treatment cycles that you may have to achieve the look you desire.

**We want you to have an outstanding result. If you have any questions or concerns before and after your procedure, please call the office at 713.344.0450.**