



## MEDICAL AESTHETICS

HINGHAM | EASTON | MILTON

## VELASHAPE III PRE / POST TREATMENT

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### PRE-TREATMENT

- Drink lots of water, preferably starting one week prior to your treatment.
  - Do eat a small meal at least 2 hours prior to your treatment, avoid large meals.
  - It is best to have a treatment area free of hair either via laser hair removal, waxing or shaving.
  - Wear comfortable clothes
  - Avoid tanning one week prior, and one week after the treatment
  - Do not take medications such as ibuprofen/aspirin that could increase bruising risks
  - Please make sure you are not pregnant, or breastfeeding during your vella shape treatments.
  - Let your provider know if you are taking any blood thinners
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### POST-TREATMENT

- You are free to resume regular activities
- Mild exercise post treatment is recommended
- Results typically after 4-6 treatments