



MEDICAL AESTHETICS

HINGHAM | EASTON | MILTON

VELASHAPE III PRE / POST TREATMENT

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