

GOLDCOAST medspa, LTD.
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VELASHAPE PRE/POST TREATMENT INSTRUCTIONS:

PRE TREATMENT:

- **Purchase a pair of Spanx and bring with you to each treatment.**
- Shave any hair in the treatment area the day before the treatment.
- Avoid waxing or other traumatic procedures that may compromise skin integrity 3-4 days prior to treatment.
- **Exfoliate the treatment area the day before treatment.**
- Arrive with clean/exfoliated skin for the treatment
- If possible, discontinue aspirin, anti-coagulants or other medications that may thin the blood (Motrin, Aleve, ibuprofen) for the duration of treatments. If you have been advised to take these medications by a healthcare professional, please consult with them prior to discontinuing use.
- If you begin taking new medications or experience a change in your health status during the course of therapy, please contact our office prior to your next appointment.

POST TREATMENT:

- **Wear Spanx immediately after treatment and for 1-2 days afterwards.** May remove them to sleep.
- May resume normal activities immediately after treatment.
- Avoid direct heating of the treated areas such as heating pads, Jacuzzis, hot tubs.
- **Increase water intake (14-16 8oz. glasses) for 1-2 days after treatment.**
- Other instructions _____

In the event of an emergency call 9-1-1 or visit the nearest emergency room.

I have received a copy of these instructions, they have been reviewed with me, and I have had an opportunity to ask any questions.

By signing below, I express my understanding and compliance.

Signature

Date