

READ CAREFULLY–CONSENT TO TREATMENT

RECOMMENDATIONS:

Prior to starting your first session and during treatment process

- Do not eat 2 to 4 hours prior to treatment.
- Prior to starting your first session and during each 3 day period of treatment, we recommend you drink 2-3 liters of water. Water and hydration is key to this process being effective.
- To maximize the effectiveness of your session, it is best to restrict products that impact lymphatic flow (i.e. caffeine, alcohol and sugar in large amounts) during the process.
- We recommend eating a healthy diet to enhance the process. If you are on one of our specialized nutrition/diet loss plans you are all set. If not, we can provide a recommendation sheet for ideal eating during the process, if you want to maximize results.
- We recommend no more than one body area per lymphatic area and maximum of 30 min of ultrasound time for maximum results. Treatments can be done a minimum of 72 hours apart.
- IF YOUR DIGESTION PROCESS IS IMPEDED IN ANY WAY DURING SESSIONS LET US KNOW (I.E. CONSTIPATION.)
- Please always discuss with your Physician before beginning any new Health & Diet Program. Always inform us if you have a change in health status or experience any unusual symptoms during your program.
- **If you should become pregnant during this process please inform us immediately.**
- You can have Ultrasonic Cavitation during your Menstrual Cycle but it is recommended to avoid the abdomen as you will not see the same results due to bloating.
- Please inform us immediately if you have a change of health during your program that was not indicated on the intake form.

After your session and during treatment process

- Drink at least 2-3 liters of water after your treatment (soft drink, soda, juice or tea is not water).
- Do not eat 1 hour after your treatment.
- Do not drink any alcohol or caffeine the day of the treatment or 48 hrs after.
- Use a dry skin brush daily to stimulate lymph movement (your therapist will show you how to do this).
- Do not take a hot shower (warm is alright), spa or sauna straight after treatment.
- We recommend 30 minutes of exercise after every treatment to stimulate lymphatic flow. This includes low impact workouts, swimming, jogging and or cycling during this process. Even brisk walking will help.
- We recommend a light massage to stimulate lymphatic flow. The massage should be applied to the areas treated and possibly surrounding lymph areas.