



### **Pre-Treatment Recommendations for Venus Freeze**

- Notify LaVida MedSpa if you develop any type of illness, cold sore, or open lesion in the area being treated prior to your treatment.
- Ensure you are drinking  $\frac{1}{2}$  your weight in equivalent ounces of water daily. Example: a 150 lb. person should be consuming at least 75 oz. of water each day. Ingest as much of your required water as possible on the day of your treatment but still prior to your treatment appointment.
- Avoid caffeinated products or nonsteroidal anti-inflammatory drug (NSAIDs - aspirin, ibuprofen, etc.) to minimize risk of bruising. Do not stop NSAIDs if it is prescribed to you by your doctor for medical reasons
- Longevity of Botox and fillers of any kind injected within 6 months prior to facial skin tightening treatment will be affected and are not recommended.

### **Post-Treatment Recommendations for Venus Freeze**

- Generally continue drinking  $\frac{1}{2}$  your weight in equivalent ounces of water daily. Example: a 150 lb. person should be consuming at least 75 oz. of water each day. However, for the first 3 days after treatment increase your normal daily amount by 1 liter.
- Continue limiting caffeine and/or alcohol during treatment series especially if fat/cellulite reduction is being performed.
- If fat/cellulite reduction is being performed, engage in light cardiovascular activity for at least 30 minutes (e.g. brisk walk, jog, cycle, aerobics, etc.) after your treatment but still on the same day and for each of the 3 days thereafter.
- Maintain a healthy diet.
- Do not gain weight during treatment series.
- If fat/cellulite reduction is being performed, gently massage the areas being treated daily with moisturizer sweeping towards closest lymph nodes.
- A full lymphatic drainage massage is recommended at least once at the beginning of your treatment series if fat/cellulite reduction is being performed - especially if you are not normally physically active.
- If you get a burn on your skin, gently clean the skin and apply hydrocortisone cream on the area several times a day for one week. If the burn scabs or opens, also use a thin layer of antibiotic ointment on the area after the hydrocortisone cream. Please contact us immediately to discuss any burns.