TONE TREATMENT INSTRUCTIONS

PRE-TREATMENT INSTRUCTIONS:

- Shave the area(s) 2 days prior to your treatment.
- Wear comfortable clothing on the day of treatment so that treatment areas can be easily accessed.
- Remove all jewelry and electronic devices prior to treatment.
- Please notify your provider if you have any metal implants or pacemakers. If you are pregnant or nursing, please notify your provider.
- If you have had surgery in the treatment area (including a C-Section) in the last year please notify your provider prior to treatment.

POST-TREATMENT INSTRUCTIONS:

- After the treatment, you can resume activities as normal.
- You may experience some soreness & tenderness in the treated area(s) the next few days this is normal and to be expected.
- Continue to resume a healthy fitness routine, diet, and lifestyle to optimize and maintain your results.