



## ***How do I prepare for a treatment?***

Please wear comfortable clothing such as shorts and a sports bra/tank for your treatment. In order to get the fat-burning benefits, the applicator must be flat directly on the skin. If using the machine just for muscle building, the applicators can be placed over your clothes. If you have abdominal or nipple piercing or private part piercings, please remove them prior to your treatment. They may get hot from the heat generated during the procedure and then

possibly cause burns in the areas where the piercings are.

Remove your watch and belt and any electronic device from your body like your phone to avoid any of them overheating and/or malfunctioning.

You can keep your earring, necklace and bracelets on but are free to remove them if you wish. The room is kept at a comfortable temperature and you will be provided with sheets or a blanket if you need more warmth.

## ***What should I expect?***

The Renasculpt procedure is simple and easy. There is no preparation required for this procedure. You will lay down while the applicators are applied over the treatment area for 30 minutes. During the treatment you may feel intense yet tolerable muscle contractions (the machine is set to your tolerance)

along with a mild heating sensation.

There are absolutely no marks on the skin after the procedure. One may see some redness where the heat was produced, but it will go away within an hour. Mild muscle tenderness or soreness may be present but that's it. No recovery. No Pain. No downtime. No restrictions.

## ***Does Renasculpt Hurt?***

No! The device does not cause pain or discomfort. Patients usually say they feel a "pulling" sensation. We have total control of the treatment intensity, so clients are always treated at a level that is comfortable to them.

The process is painless and non-invasive. There is no need for anesthesia. You will lie down and panels will be used to apply high-intensity focused electromagnetic energy to the target area of your body.

With Renasculpt, you will meet your body goals quickly! Since it mimics exercise, EMS is especially useful for those that can't safely work out due to an injury, illness, or disability. Regardless of your needs, this non-invasive body-shaping method will give you the results you desire in a safe, effective, and essentially effortless way.



## **Are There Side Effects?**

The system is designed to provide a safe and comfortable procedure with zero downtime. Typically, there is no downtime after the treatment though patients may experience mild discomfort. Side effects can include redness, sweating, and mild tenderness in the treated areas.

Usually these side effects resolve within a few hours. We will discuss what to expect before and after treatment during your consultation, and will answer any questions you may have.



## **Who Cannot Be Treated With Renasculpt?**

It turns out there are very few situations where a client would not be a good candidate for Renasculpt. Your suitability for this treatment will be determined during your consultation. People who should not be treated with Renasculpt include:

- Those who are breastfeeding or pregnant
- Those with cardiac pacemakers or internal defibrillators
- Those with malignant or benign tumors in the target area
- Those with metallic implants in the target area of any kind including joint replacements.

## **How many sessions do I need to yield results?**

The typical initial protocol for Renasculpt is six 30-minute treatments, scheduled twice per week for three weeks. Each patient's results may vary but the best time to see the final results is 3 months after the last treatment depending on your personal goals. Be sure to discuss your goals with the technician to

determine any adjustments at any time during your treatment protocol.

Results last about six months on average. Single maintenance sessions are recommended every 3-6 months to preserve enhancements long-term.

## **What other contraindications should I know about?**

If you had liposuction and have irregularities and/or missed areas of fat in the abdomen, you can get this treatment done after about 2-4 weeks after your procedure.

If you have a tattoo in the area where the applicator will be applied, then you are not a candidate for the radiofrequency portion of the Renasculpt treatment. The radio-frequency part of the applicator may cause blistering of the skin as the tattooing process involves micro scarring of the skin in order for the ink to be delivered under the skin. You can use the HIFEM portion of the treatment to tone your muscles. Talk to your technician about options at any point in your care.

Other contra-indications include recent surgery of any kind, blood clotting disorders, epilepsy, electronic or metal implants in treatment area, defibrillators, and drug pumps. Please make your technician aware of any of these conditions during your initial visit.

