

D-Derm Aesthetics

Body Contouring - Treatment Protocol

People who are NOT candidates for this procedure

- History of seizures
- Pacemaker or Defibrillator
- Metal and synthetic or silicone fillers
- Abdominal mesh
- Pregnancy
- Auto-Immune Diseases or Immunosuppression – scleroderma, Psoriasis, Skin Disorders
- Undiagnosed skin lesions
- Active tan, sunless tanning creams
- Active infection or open lesions
- Blood Thinners
- Poorly controlled diabetes or Poor skin healing history

Pre-Treatment Instructions

- Avoid sun completely for 1-2 weeks prior to the treatment, no fresh sun burns
- The treatment area should be clean and dry
- Men must be freshly shaved
- Do not apply any lotions or oils
- Stay well hydrated before and after procedure
- Stop taking anticoagulants 7-14 days prior to the treatment to avoid bruising, if medically permitted

Post-Treatment Instructions

- Avoid very hot water and direct heat exposure (tanning bed or sun) for 2 days post treatment
- Wear SPF 30 or above, apply every hour
- Avoid scrubbing and scratching the treated area
- Moisturize the skin
- Stay well hydrated
- No peels, acids, retinols on treated areas for 2 weeks
- Do not scratch, rub or pick at skin

Additional Comments

- This treatment works best with a healthy nutritional and exercise plan.
- Typical response to treatment is erythema, slight edema and tighter skin look
- Mild bruising may occur from the vacuum aspect of the procedure
- Erythema and purpura are a common response and resolve after a few days up to 2 weeks

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Treatment Spacing

- The number of treatment sessions is typically 6-8, performed once a week
- Some clients may get satisfactory results after 4 sessions
- Some clients may need 2-4 additional sessions
- Very few do not respond to treatment
- Maintenance treatment recommended every 3 months or more according to individual response