Your care, *made simple.*

What to do before, on the day of and after your truSculpt iD treatment. Your provider's personal instructions always come first.

1 · BEFORE

In the weeks before

- Share your health history: pregnancy, implants, pacemaker, medications, skin concerns, past procedures.
- Skip self-tanner on the area for about 4 weeks.
- Keep your weight steady.
- Ask before pausing any medicine. Never stop a prescription without your doctor's OK.

2 · DAY OF

Treatment day

- Eat a normal meal and stay normally hydrated.
- Clean, dry skin: no lotion, oil or powder on the area.
- We'll help shave the area and upper back (return pad spot).
- Leave jewelry at home; wear comfy clothes.
- Speak up right away about sharp pain, burning or too much heat.

3 · AFTER

Right after

- Most people return to normal activities, including exercise.
- Warmth, redness, mild swelling or tenderness usually fade within hours to a few days.
- A tender lump can appear. Ask us before massaging it.
- No detox, sauna or lymphatic drainage needed.

YOUR RESULTS TIMELINE

Day 1
Treatment: about 15 minutes per cycle, about an hour total.

Days 1–7
Comfort first. Mild warmth or tenderness passes.

Weeks 6–8
Changes often start to show. Progress photo.

Week 12
Fullest results. Final photos. Same area can be retreated after the full 12 weeks.

KEEP YOUR RESULTS

Hydrate normally
Steady water through the day.

Move daily
Walks, cardio and strength.

Eat real food
Protein and vegetables each meal.

Sleep well
7–9 hours supports recovery.

Easy on alcohol
Especially the first few weeks.

Hold your weight
Remaining fat cells can still grow.

Call us right away for blistering, crusting or a burn; redness or swelling lasting more than four days; or a lump lasting more than four weeks or getting worse. **Text/call (512) 980-9901.**

My *plan.*

Fill this in with your provider and keep it at home.

Name

6-week check-in date

Treatment date

12-week review date

Area treated

Provider

Number of pads

Clinical contact / after hours

My starting measurements

Weight

2" above navel

Waist at navel

2" below navel

Personal instructions from my provider

Notes & questions