

Emtone Aftercare Instructions

EMTONE AFTERCARE INSTRUCTIONS

Thank you for choosing Emtone, a non-invasive treatment designed to reduce cellulite, tighten skin, and improve overall skin texture by combining radio-frequency and mechanical energy. Proper aftercare is essential to ensure optimal results, support healing, and minimise complications.

IMMEDIATELY AFTER TREATMENT

Normal Reactions

Normal reactions following treatment:

- Mild redness, warmth, or tingling in the treated area is normal and usually resolves within a few hours.
- Slight tenderness or temporary swelling may occur.
- Minor skin sensitivity is common immediately after the session.

Avoid Touching

Avoid touching guidelines:

- Do not rub, scratch, or press the treated area.
- Keep the area clean and avoid direct contact with unwashed hands.

FIRST 24-48 HOURS

Skin Care

Skin care instructions:

- Apply a gentle, fragrance-free moisturiser if needed.
- Avoid scrubs, chemical peels, or harsh skincare products on treated areas.

Activity & Lifestyle

Activity and lifestyle guidelines:

- Light exercise such as walking is encouraged to support circulation.
- Avoid strenuous activity or heavy lifting if tenderness is present.
- Stay hydrated to support lymphatic drainage and overall results.

Sun Protection

Sun protection instructions:

- Avoid prolonged sun exposure and use a broad-spectrum SPF 30 or higher on exposed areas.

FIRST WEEK

Observation

Observations to expect:

- Mild redness, swelling, or tenderness may persist for 1-2 days.
- Temporary firmness or minor bruising may occur and should resolve naturally.

Lifestyle & Care

Lifestyle and care instructions:

- Maintain regular hydration and a balanced diet.
- Avoid hot showers, saunas, or steam rooms if skin feels sensitive.
- Avoid aggressive massage or skin treatments on the treated area until cleared by your provider.

FIRST MONTH AND ONGOING CARE

Results

Expected results:

- Gradual improvement in skin texture, tone, and cellulite reduction may be observed over several weeks.
- Multiple sessions may be recommended depending on your treatment plan.

Continued Care

Continued care instructions:

- Maintain hydration, healthy nutrition, and regular physical activity.
- Follow-up sessions may be scheduled to optimise and sustain results.
- Avoid harsh skin treatments on treated areas until advised by your provider.

WHEN TO CONTACT US

Contact your provider immediately if you experience:

- Severe or persistent redness, swelling, or pain.
- Signs of infection such as pus, warmth, or fever.
- Any unusual or concerning skin reactions.

LONG-TERM CARE

Long-term care instructions:

- Maintain a healthy lifestyle, including balanced nutrition, regular exercise, and hydration.
- Protect treated areas from sun exposure using SPF 30 or higher.
- Attend all recommended follow-up appointments for optimal results.

It is essential that you have read all of the information available. Please let your practitioner know if you have any questions or if you do not understand any of the aftercare instructions provided below.

CONFIRMATION

- I confirm that I have read and understood all the information on this Form and that I have been given the opportunity to ask any questions that have come to mind throughout.