

UltraShape Aftercare Instructions

ULTRASHAPE AFTERCARE INSTRUCTIONS

Thank you for choosing UltraShape for your non-invasive body contouring treatment. UltraShape uses focused ultrasound technology to target and break down stubborn fat, leaving the skin smooth and contoured. Proper aftercare is essential to ensure the best results, minimize complications, and support your body's healing process. Please follow these instructions carefully for optimal recovery and outcomes.

IMMEDIATELY AFTER TREATMENT

It is normal to experience mild redness and swelling in the treated area immediately after the UltraShape procedure. This should subside within a few hours to a day. Some mild discomfort or sensitivity in the treated area is normal. This typically resolves within a few hours to a day. If you experience discomfort or swelling, apply a cold compress wrapped in a clean cloth for 10-15 minutes every few hours during the first 24-48 hours to reduce these symptoms. Drink plenty of water after treatment to support the body's natural fat elimination process.

FOR THE FIRST WEEK

Cleanse the treated area gently with a mild, non-alcoholic cleanser. Avoid using scrubs, exfoliants, or harsh products for at least 7 days to ensure proper healing. Avoid vigorous physical activity, heavy lifting, or intense exercise for at least 48 hours after the procedure to prevent irritation and allow your body to heal. If your provider recommends wearing a compression garment, do so as directed to reduce swelling and support the treated area. Protect the treated area from direct sun exposure for at least 1-2 weeks. Use a broad-spectrum sunscreen with SPF 30 or higher if you need to be outside to avoid pigmentation changes and support healing. Refrain from drinking alcohol or smoking for at least 1-2 days after treatment, as these can hinder the healing process and affect the results.

FOR THE FIRST MONTH

Keep drinking plenty of water to support fat metabolism and help eliminate the broken-down fat cells. Follow a healthy, balanced diet to maximise the results of the treatment. Eating foods rich in nutrients will support your body's natural detoxification process. After the first 48 hours, you can gradually return to light physical activity. Avoid intense physical activities, particularly those that put strain on the treated areas, for at least 1-2 weeks. After treatment, you may notice some mild changes in the treated area, such as slight firmness or continued mild swelling. These should gradually resolve as your body processes the fat cells.

COMMON SIDE EFFECTS

Redness and swelling in the treated area are common after UltraShape and should subside within a few hours to a few days. You may experience some mild discomfort or tenderness in the treated area. This is normal and should improve within a few days. Mild bruising or sensitivity may occur, especially if multiple treatment areas are targeted. This should resolve within 1-2 weeks. Some temporary numbness or tingling may occur in the treated area, which typically resolves within a few days to a week.

WHEN TO CONTACT US

Please contact your provider immediately if you experience: Severe pain, redness, or warmth in the treated area (signs of infection). Excessive swelling, bruising, or discomfort that does not improve after the first few days. Unusual discharge, pus, or bleeding from the treated area. Any signs of an allergic reaction, such as itching, hives, or difficulty breathing. Any other symptoms that seem out of the ordinary or concerning.

LONG-TERM CARE

Maintain a healthy lifestyle with a balanced diet and regular exercise to preserve the results of your UltraShape treatment. Full results from UltraShape may take several weeks to become fully visible, as the body gradually eliminates the targeted fat. Be patient and continue to follow your provider's advice for maintaining results. Always use sunscreen on the treated areas when outdoors to prevent pigmentation changes and protect your skin from UV damage.

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