



## The C Studio WELLNESS & SPA

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### **PRE & POST TREATMENT INFORMATION FOR EMSCULPT NEO**

We are excited you have chosen to treat with one of our favorite treatments, Emsculpt Neo! We want to ensure you are fully informed of all treatment details and expectations. We also want to make you most comfortable during and after your treatment. Please review the following information and let your provider know if you have any questions or concerns.

#### **TREATMENT PLAN & FREQUENCY OF YOUR TREATMENTS**

The C Studio will design a treatment plan that best addresses your unique concerns. Taking into account your goals and the area(s) you are interested in treating, we use different combinations

**EMSCULPT NEO** is a series of treatments used for maximum muscle build and in some areas fat reduction.

- We suggest 6 treatments, spaced approximately once a week. These are 30 min. treatments (except arms, which are 60 min.)
- Fat reduction settings can be activated on the abdomen, inner thighs and outer thighs. Additional areas for muscle building are arms, glutes and calves.
- Full results typically take 12 weeks to appear.
- Our recommendation for maintenance is 1-2 treatments every 6 months.

#### **HOW TO PREPARE FOR YOUR EMSCULPT NEO TREATMENTS**

- Good dietary habits, including a diet high in protein is necessary to build muscle. To achieve maximum results, plan to eat 20 grams of protein immediately after your treatment.
- It is important to be especially hydrated for your appointment. Dehydration can lead to a more uncomfortable treatment and may affect your treatment settings.
- Please inform us if you have any metal implants in or near the area to be treated (this includes copper IUD) as you may not be a candidate for Emsculpt NEO.
- We may ask you to shave prior to treatment in the area if significant hair is present.
- Photos of the treatment area will be taken. These photos are private and never shared without your consent. • Plan to take a break from strength training for 48 hours to allow the muscle to recover. Cardio is ok!

## **WHAT TO EXPECT DURING YOUR TREATMENT**

You will feel intense muscle contractions together with a heating sensation in the treated area which is comparable to hot stone massage.

## **WHAT TO EXPECT AFTER TREATMENT**

Typical recovery time is very minimal if any. Most patients can return to their daily routine immediately after the procedure with some patients reporting minor muscle soreness.

## **OUR PROMISE TO YOU**

Our goal is to make you the most comfortable and informed before, during and after your treatment. However, we cannot provide exact timelines for how long it will take to see results or predict exactly how you will respond. Each person is unique, and your response will be as well. Additional treatments or services may be needed to achieve your final goal.

Always feel free to contact us with any questions or concerns.

AFTER HOURS? Please email us - we regularly monitor to ensure our patients are never without support.

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*If your provider has given you instructions deviating from the general recommendations in this document, please follow your provider's personalized instructions.*

**Questions or concerns?** Please call us at (661) 812-0251.