



The C Studio

WELLNESS & SPA

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V-FORM TREATMENTS PRE & POST CARE FOR PATIENTS

BEFORE TREATMENTS

- Stay hydrated:
 - Drink at least 1 L of water daily during your entire treatment course.
 - Drink ~ 1.5 L of water during the treatment session day (before).
- Ensure that there is at least an hour between your last meal and your abdomen treatment.
- If you exercise regularly, it is recommended to perform physical activity immediately after the treatment.

AFTER TREATMENTS

- Redness and swelling in the treated area may occur and is a normal reaction.
 - If you experience excessive heat sensation that causes discomfort, you can cool the area with chilled Aloe Vera gel.
 - In cases where superficial crusting or scabbing occurs, do not rub, scratch or remove the scab. Cleanse the area gently and keep dry.
- Makeup can be applied immediately post treatment.
- Do not partake in extra-hot baths, excessive aerobic exercise, rough sports, massage, etc. during the next 24 hours, until the skin returns to its normal condition.
- Practice high hygienic measures of the treated area during the next 24 hours.

SETTING EXPECTATIONS

- Maintenance sessions may be required (one maintenance session every 3-6 months)
- Response to the treatment and the number of treatment sessions required, will vary among patients and will depend on the clinical and physiological condition at the start of the treatment regimen.
- Adherence to a healthy lifestyle (diet and exercise) is strongly recommended and may help to obtain better results.
- Weight gain or dramatic weight loss may have a negative effect on the results.

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.

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.