

Pre-Treatment / Post Treatment Instructions

FOR ONDA BODY TREATMENT

Onda pre-treatment instructions:

- Avoid direct sun exposure to the treatment area 7 days before the treatment.
- Given the high degree of absorption of microwaves by water, it is recommended to suspend the use of moisturizing and softening creams in the area to be treated at 48 hours before the session with Onda. In this way it is avoided to have a greater absorption of the Coolwaves™ in the superficial layers of the skin and, at the same time, the penetration to the adipose tissue is increased.
- You should drink 2-3 litres of water a day to facilitate the drainage of interstitial fluids. It is recommended to start this 2-3 days before the treatment and continue the following day.
- Shower or bathe the day of treatment. Your skin must be free of all makeup, lotions, creams and body oils.
- Remove all jewelry and piercings pertinent to the treatment area.
- If you have very thick & dense hair in the treatment areas please trim or shave the areas at home before your appointment.
- Be sure to discuss your medical history and medications you take with your treatment provider.

Onda post-treatment instructions:

- You may experience mildly pink or red skin, tenderness or discomfort, swelling, tissue firmness or nodules in the treated areas. These are all expected side effects which usually resolve without medical intervention.
- Tenderness may occur as early as the day of treatment and can last two weeks or even longer.
- If needed, use a cold compress to help relieve tenderness.
- For body areas, if nodules occur, they typically last for days or 6 (six) months or longer, depending on the size of the nodule. While uncommon, some nodules may be permanent.
- Gently massage the area twice a day for 5-10 minutes. Massage should be continued until your next treatment or for 12 weeks if you have only one treatment.
- The patient should avoid direct exposure to the sun after the treatment (for erythema ab

igne) for 2 days.

- If the skin is slightly pink or red in areas following the treatment, the patient has to avoid hot water when washing until any erythema has subsided.
- It is suggested, for the patient, to follow an appropriate healthy diet and do a moderate physical activity. You may resume your normal daily activities, including exercise, immediately after your Onda treatment.
- Staying well hydrated and engaging in light physical activity helps mobilize the disrupted fat for processing through the lymphatic system. We encourage you to drink at least 2 liters of water a day and take a daily walk or continue your regular exercise routine.
- It is advisable not to treat again the same area before 15 days.
- Contact your physician if you have any concerns about your treatment areas such as increasing tenderness or swelling several days after your treatment, or if you develop blisters, hardened areas or nodules.