



VANQUISH POST PROCEDURE INSTRUCTIONS

- You may experience transient erythema (redness) that will last from a few minutes to an hour or possibly longer.
- Your skin may feel quite warm for up to a few hours after treatment as deep tissue retains heat longer.
- You may feel tenderness in the treated area.
- Light exercise following your procedure will aid in removal of fat cells damaged during treatment. Follow up considerations:
- Vanquish treatments are scheduled every 7-10 days (no more than 10 days apart) for a total of 4-6 treatments. You will see your results approximately 4 weeks after completing your last treatment (some may see sooner).
- Please remember, as with any fat reducing device, optimal results are achieved with a balance of a healthy diet and a daily exercise regimen along with this treatment.
- There are no restrictions on the amount of treatment cycles that you may have to achieve the look you desire.

We want you to have an outstanding result. If you have questions or

unexpected concerns, please call the office for assistance.

Recommended 45 min treatments once a week 7-10 days for 4-6 treatments

405.224.6700