



## Emsulpt information Sheet

The following recommendations are advised in preparation of treatment:

- Please wear loose, comfortable clothing to your visit.
- Excessive hair in the treatment area must be shaved/removed prior to treatment.
- Please plan to remove all jewelry or piercings during the treatment.
- Please avoid body lotions or oils on or near the treatment area.
- The use of electronic devices are not recommended during the treatment due to the risk of damage to internal device components.

The following contraindications should be discussed with your provider if any apply:

- Pregnancy, postpartum, nursing, and menstruation.
- Electronic implants (such as cardiac pacemakers, defibrillators, and neurostimulators)
- Metal Implants (including copper IUD)
- Drug pumps
- Malignant tumors
- Pulmonary insufficiency
- Injured or otherwise impaired muscles
- Cardiovascular diseases
- Disturbance of temperature or pain perception
- Hemorrhagic conditions
- Septic conditions and empyema
- Acute inflammations
- Systemic or local infection such as osteomyelitis or tuberculosis
- Contagious skin diseases
- Elevated body temperature/fever
- Basedow's disease

Please discuss the following concerns with your treatment provider:

- Recent hospitalizations or injuries
- Known hernia

After the procedure:

You may resume your usual physical activity without restrictions

**Avoid saunas, hot tubes, and excessive heat to treatment area for 24 hours.**

**Recommended 30 min treatments four-six treatment sessions once or twice a week**