



THE BODY CLINIC  
BAY AREA COSMETIC DERMATOLOGY

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## PRE TREATMENT FOR EMTONE

We are excited you've chosen to treat with one of our body contouring technologies, Emtone! 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 PLANS AND FREQUENCY OF YOUR TREATMENTS

The Body Clinic @ Bay Area Cosmetic Dermatology 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 of our contouring technologies to best reach your goals.

**EMTONE** is a series of treatments used for skin tightening in any area, improvement in cellulite, and overall fat reduction.

- We suggest 6 treatments, done 1-2x / week. If you need to skip weeks in-between treatments it will not affect your results but will delay the final outcome.
- Full results can take anywhere from 2-4 months to appear but can continue to improve up for up to a year.

Please note Emtone requires a *series* of treatments in the suggested time frame to see results. The length of time suggested between treatments is designed to keep you on pace with completion of your series but can be adjusted if needed to accommodate your schedule. Longer times between treatments will NOT affect the efficacy of the procedure.

### HOW TO PREPARE FOR YOUR TREATMENTS

- Good dietary habits, sufficient water intake and light physical activity are beneficial and optimize results. Nothing beats diet and exercise. The treatments we provide are intended to improve and compliment the hard work you are practicing.
- It is important to be especially hydrated for your appointment. You should drink at least 64 (ideally 100) oz of water the day prior, the day of **and** the day after your treatment. 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.
- We may ask you to shave prior to treatment in the area if significant hair is present.
- We will provide you with disposable garments and robes. Photos of the treatment area will be taken prior to your first treatment. We encourage you to come back three months after you've completed the treatment series for 'after' photos so that you may keep track of your results. These photos are private and never shared without your consent.
- Please feel free to bring headphones to listen to music or watch a show on your phone as this is a loud treatment. We can also supply ear plugs or headphones at your appointment.

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## WHAT TO EXPECT DURING YOUR TREATMENT

The treatment area(s) will be exposed to various degrees of heat, similar to a very intense hot stone massage. You may experience intense heat all over your body, not just the treatment area(s), and may begin to sweat.

## WHAT TO EXPECT AFTER TREATMENT

Typical recovery time is very minimal if any. Most patients are able to return to their daily routine immediately after the procedure. However, there are certain risks associated with these treatments and they include but are not limited to:

- Redness
- Nodules (small bumps under the skin)
- Edema (swelling) of the skin, subcutaneous fat, and muscle tissue due to excessive heating
- Tissue tenderness
- Bruising
- Although unlikely, adverse effects such as a skin burn or blisters may occur due to excessive heating. Please always inform us if the treatment or the grounding pad are too hot at any time.

Please note due to the popularity of these treatments, if you are more than 10 minutes late to your appointment you may need to reschedule your treatment.

## 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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