



## TempSure

### Body Tissue Heating and Cellulite Treatment Recommendations

#### Client Pre-treatment Recommendations

- Shave any dense hair on the area to be treated. Waxing or laser hair removal in the treatment area should be completed 5-7 days prior to treatment.
- The treatment area must be free of any open lesions or infections.
- For an optimal treatment, hydrate by drinking water or hydrating fluids several days in preparation. Avoid alcohol if possible.
- Hydrate by drinking 4-7 glasses of water daily leading up to and including the treatment day. Hydrated skin is easier to warm and provides better clearance through the lymphatic system.
- Remove jewelry in the treatment area.

#### Client Post-Treatment Recommendations

- Resume normal activity after treatment. If skin is slightly pink or red, avoid using hot water on that area until effects subside. Skin may feel sensitive/warm and may be pink/red and swollen for about an hour.
- Treated may be itchy. Soothing non-irritating moisturizers may be used.
- To prevent sun damage, use sun block with UVA/UVB protection with SPF 30 or greater.
- It is recommended to maintain weight. Gaining excess weight will compromise treatments.
- Exercise will enhance results.
- Massage the area daily for 5 minutes for 5 days.
- You may shower.

For optimal results, 6-8 treatments every 2 weeks are recommended.

Maintenance treatments are recommended every 6 months.

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