



## VelaShape III Post Instructions

It is normal for the skin to appear pink or welted for hours after the procedure, please let us know if there is any excess redness that last more than 3 days after your treatment.

- Following a balanced diet and exercise regimen will help your results last longer.
- Bruising and broken blood vessels may appear and will go away in time, please let us know of any excess bruising or swelling after your Velashape treatment.
- Please avoid any excess heat after treatment and do so for the next 48 hours, i.e.: hot tub, sauna
- Taking blood thinners such as Aspirin, Ibuprofen, Fish oil or any NSAID can cause more severe bruising, redness and swelling.