

TruSculpt ID Aftercare Instructions

Thank you for choosing us for your TruSculpt ID treatment. Proper aftercare is essential to ensure safe healing and the best possible results. Please follow these instructions carefully:

What to Expect:

- Warmth, redness, or slight swelling in the treated area for a few hours
- The treated area may feel tender or sensitive, similar to a mild sunburn
- Fat cells will gradually break down and be eliminated by your body over the next 8–12 weeks
- Visible results may begin to appear around 6 weeks post-treatment, with full results in 12 weeks

Immediately After Treatment:

- The skin may feel warm and appear flushed — this typically resolves within a few hours
- Mild tenderness or sensitivity is normal
- You may resume normal activities, including exercise, right away
- Drink plenty of water to support the body's natural fat elimination process

First 24 Hours:

- Avoid excessive heat (saunas, hot tubs) and vigorous massage of the treated area
- Stay hydrated and maintain a healthy diet
- No need to wear compression garments unless advised by your provider
- Gentle walking or movement is encouraged to stimulate circulation

Ongoing Care (Days 2-14):

- Any mild swelling or sensitivity should continue to improve
- Avoid heavy pressure or deep tissue massage on the treated area
- Continue drinking water and staying active to help flush out destroyed fat cells
- Maintain a stable weight — significant weight gain can impact final results
- Healthy lifestyle choices will enhance and preserve your treatment outcome

ShimChing MD

Asia Pacific Plastic Surgery Inc.

When to Contact Us:

- Please reach out immediately if you experience:
- Persistent redness, swelling, or tenderness beyond 7 days
- Signs of infection (heat, pus, or unusual discharge)
- Severe or worsening discomfort
- Any other reactions that feel unusual or concerning

Additional Tips:

- Avoid alcohol and excessive sugar, which can hinder fat elimination
- Maintain your treatment results with regular exercise and balanced nutrition
- Follow up with your provider to discuss results and future treatment plans, if needed

If you have any questions or experience any unusual symptoms, please contact us at 808.585.8855. Thank you for trusting us with your care!