

## **TruSculpt FLEX Aftercare Instructions**

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

### **What to Expect:**

- Mild muscle soreness (like post-workout) in the treated area
- Possible muscle contractions or twitching sensations post-treatment
- No downtime — you can return to daily activities immediately
- Some clients report seeing improvement in tone and strength within 2–4 weeks
- Best results are typically seen after completing the full treatment series

### **Immediately After Treatment:**

- You may feel slight warmth or tingling in the treated area
- Mild redness or sensitivity may occur but should resolve within a few hours
- Light soreness, similar to a workout, may begin within a few hours

### **First 24 Hours:**

- Stay well hydrated — water helps with muscle recovery
- Avoid strenuous workouts targeting the same muscle groups
- Gentle stretching or light walking can help ease any soreness
- Apply a cold compress if needed for comfort, but avoid direct ice contact with skin

### **Ongoing Care (Days 2-14):**

- Muscle soreness may last 1–3 days; this is normal and part of the muscle-strengthening process
- Resume your normal workout routine unless soreness is intense — listen to your body
- Continue hydrating and eating a balanced diet to support muscle development
- Stick to your full treatment plan (usually 4–6 sessions) for optimal results
- Track your progress with photos or measurements if desired

### **When to Contact Us:**

Please reach out immediately if you experience:

# ShimChing MD

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- Severe or prolonged pain beyond 3 days
- Swelling, bruising, or heat that worsens instead of improving
- Any symptoms that feel unusual or concerning to you

## **Additional Tips:**

- Consistency is key — complete all recommended sessions
- Maintenance sessions may be suggested every few months
- Pair your treatment with regular exercise and healthy eating for enhanced definition
- Avoid alcohol and excess caffeine right after treatment to reduce inflammation
- Rest and proper sleep help support muscle recovery

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!