



WALLA WALLA AESTHETICS  
AND LASER SPA

***Follow these to get the most out of your investment.***

**BEFORE YOUR TREATMENT:**

- Hair in the treatment and return pad area need to be shaved
- Stay well hydrated. Aim for two liters of water a day.
- Body piercings may need to be removed if under or near the treatment area
- Notify clinic of any changes to your health history or medications since your last appointment

**AFTER YOUR TREATMENT:**

- Redness and swelling may occur and typically resolve within a few days
- Stay well hydrated. Aim for two liters of water a day.
- Keep your lymphatic system stimulated by regular exercise. If not already on an exercise regimen, aim for 30 minute walks 2 to 3 times per week.
- Palpable nodules that are tender to touch or lumps in the treatment area may develop in the treated area up to 72 hours following treatment, and typically resolve over several weeks
  - Subjects from CUTERA clinical study were advised to gently massage the nodules for 2-5 minutes twice daily
- Multiple treatments may be required
- Notify clinic if any of the following occur:
  - Blister, crusting or skin burns
  - Tenderness, redness or swelling persisting longer than a few days
  - Nodules that are tender to touch or lumps in the treatment area that last longer than 4 weeks
    - These may develop up to 72 hours post-treatment and typically resolve over several weeks

• Additional instructions: \_\_\_\_\_  
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