

lachele

AESTHETICS & WELLNESS

Ultra Femme 360 Pre & Post Treatment Instructions

PRE-TREATMENT

- Bring proof of a clean pap-smear dated within the last year.
- I.U.D. may not be present during treatment.
- Internal piercings must be removed prior to treatment.
- Start hydrating 2 days ahead of treatment, and continue to hydrate 2 days post treatment. We recommend that you drink your weight in ounces, i.e.: if you weigh 140 pounds, drink 140 ounces each day.
- Arrive for service with the entire treatment area freshly shaved.
- Bring a small sanitary pad to wear home to protect your clothing from any residual ultrasound gel that may be present.
- Negative pregnancy test day of treatment.

POST-TREATMENT

- You may resume all normal activity, but should avoid hot-tubs for 24 hours.
- You may feel some mild cramping, tenderness, and experience redness.
- Be aware that the treatment may stimulate your menstrual cycle.
- Continue extra hydration for 2 days post-treatment.
- You may resume normal sexual activity after treatment.

If you have any questions or concerns, please call our New Hope (215) 862-6100, Newtown (267) 753-7676, Upper Dublin (215) 515-1770 or Ellis Preserve (215) 714-7104 office. During off hours, call Dr. Espinoza's cell at (908) 303-5694. You can also email us at team@lachele.com