



# MEDICAL AESTHETICS

— BY DONNA —

## FACE AND BODY REJUVENATION



### **Treatment Day Preparation**

- Wear loose, comfortable clothing
- Bring a change of underwear if you are having treatment of lower abdomen, flanks, thighs
- Bring a loose-fitting bra or t-shirt if treating back.
- Snacks or drinks if you have a preference.
- Book, computer, tablet, or cell phone if you want to work or watch a movie.
- Bringing nothing and sleeping is popular too!

### **What to Expect**

- Consent to be signed if not done beforehand.
- Pretreatment photos
- Treatments last 35-75 minutes on average per area.
  - Initial cold sensation, lasting approximately 10 minutes.
  - Cold will turn into numbness of the area.
  - Relaxation time during treatment
    - Time to catch up on work, TV watching, phone calls, sleep
  - 2-minute massage of area at end of each treatment section
- You can walk, stretch, or use restroom between treatments.

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