



Exilis/Emtone/Emsculpt/Emsella Aftercare Advice

Please take note of the enclosed information and follow the instructions carefully to ensure successful treatment.

Post - Treatment

- Try to exercise for 20 minutes after an Emsculpt or Emsella treatment i.e. running/walking
- To help achieve desired result drink 2 litres of water per day post treatment.
- Avoid hot extremes for 48 hours post treatment such as sauna, steam room, hot baths etc.
- Avoid excessive exercise for 1 week post Exilis or Emtone treatment.
- Avoid direct sun exposure to sun light and use SPF 30 or above on exposed areas treated.
- Avoid using harsh products on treated areas for a few days' post treatment i.e. retinol, glycolic, AHA's.
- Skin and laser on treated areas to be avoided for 2- 4 weeks post treatment.
- Wear loose clothing after treatment.
- Please contact your clinic if you experience any adverse reactions.

Side Effects

Depending on the treatment, may include discomfort, heat to the area, redness, swelling, bruising, erythema, oedema, muscle fatigue, aches, soreness, itching and sensitivity to touch.

Adverse Reactions

Depending on treatment these are rare however they can include blistering, crusting and scarring or infection, pigmentation changes.

Following your aftercare advice instructions reduces the risk of adverse reactions. If you experience any adverse reactions, please contact your clinic immediately.