



Sofwave Pre & Post Treatment Guidelines

Pre-Treatment Instructions:

- Wear comfortable, loose clothing to your appointment.
- Prior to your treatment photography, will be taken for comparison on your follow up.
- Thirty minutes prior to your treatment we recommend that you take 800 mg of ibuprofen for pain relief during the session. A single dose like this will not exacerbate your bruising.
- We have Nitrous Oxide (laughing gas) to make you more comfortable during your treatment.
- You are not a candidate if you are pregnant.

Post-Treatment Instructions:

- It is normal to experience mild tenderness and swelling along the treated area for a few days after the treatment. This is a sign that your skin is undergoing the desired changes.
- Some patients may experience mild bruising with the procedure. If you have more significant bruising, we recommend oral or topical Arnica. We also offer a VBeam laser treatment at no cost to resolve bruising more quickly.
- You may resume regular activities immediately after the procedure. There are no limitations to your activities other than what we have stated above. You will start to experience tightening and toning of the treated areas after the procedure but true tightening may take 3-6 months as your body builds collagen in the treated areas.
- We recommend a follow-up appointment at 6 months for photos.