



truSculpt iD & FlexSure Body Sculpting Treatments Pre & Post Treatment Information

truSculpt iD (upgraded handsfree version of the TruSculpt 3D) and FlexSure are the most advanced nonsurgical radio frequency devices designed to sculpt and contour the body. Both use mono polar radio frequency (RF) energy to provide uniform deep heating of the subcutaneous adipose tissue to help decrease circumference and diminish fat while improving skin laxity, with little or no downtime.

It is generally recommended that a minimum of 2 treatments, 12 weeks apart, will be necessary for best results with the truSculpt iD.

It is generally recommended that a minimum of 3 treatments, 4 weeks apart, will be necessary for best results with the truSculpt iD for the submentum area.

It is generally recommended that a minimum of 3-5 treatments, 2 weeks apart, will be necessary for best results with the FlexSure.

Clinical studies for the truSculpt iD have shown an average of 24% reduction in fat pad thickness. Please note this average equates to millimeters in fat pad reduction and should not be compared to surgical procedures such as liposuction or a tummy tuck.

The goal of these treatments, as in any cosmetic procedure, is improvement, not perfection. The number of treatments and the results vary from person to person. There is no guarantee that the expected or anticipated results will be achieved despite our best efforts and no refund will be given for services rendered.

Pre-Information:

- Ensure you are well hydrated before your appointment. This can be crucial to the success of the treatment and achieving the best results.
- Remove any body piercings in the area to be treated prior to your appointment.
- Moderate discomfort may be experienced during the treatment.
- You may want to bring a change of clothes (underwear), as you may sweat during the treatment.

Post Information:

- You may return to normal activities immediately after your treatment.
- Mild discomfort or slight tenderness in the treatment area may persist for a few hours following treatment, potentially extending to a few days.
- Drink plenty of water, eat a healthy diet and exercise routinely (includes walking).
- Please contact us via email (info@freshlaser.ca) or phone (403-264-4494) with any questions or concerns you may have after your treatment.

Hydration, a balanced diet and exercise is key to achieving the best results possible.

Contraindications for treatment include but are not limited to:

- Cardiac pacemakers or internal defibrillators, implanted devices, including metallic implants and electronic implants that sends or receives a signal.
- Untreated Hernia or repaired Hernia with metal mesh, in area of treatment
- Pregnancy
- Weakened blood vessels or arteriosclerosis. History of hemophilia or bleeding disorders.

Specializing in your skin care needs!
Thank you.



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Potential and common side effects that may occur with truSculpt iD and/or FlexSure

- Temporary inflammation which may include: irritation, itching, discomfort.
- Temporary redness (erythema) and mild to moderate “sunburn” like effects may last for a few hours or more.
- Temporary edema (minor swelling) of the treated area and around the treatment site, may occur and typically resolves within 24 hours to a few days.
- Lumps or hard nodules. Firm areas may develop in the treated area 24 to 72 hours following treatment, and typically resolve, without intervention, over the next several weeks. If lumps do develop, they are typically tender to touch, but may be massaged.

Complications and adverse reactions that may occur, although rare, with truSculpt iD and/or FlexSure

- Bruising/petechiae may occur under the area where the decal is applied and can occur in the process of removing the decal from the skin.
- Skin color changes. If the skin surface is disrupted, there is a possibility that the area may become lighter (hypopigmentation) or darker (hyperpigmentation) in color compared to the surrounding skin. This is usually temporary, but, on rare occasion, it may be permanent.
- Temporary numbness may occur but is rare.
- Scaling, scabbing or blistering are other acute changes occasionally associated with treatment.
- Scarring is a rare occurrence, but it is a possibility if the skin surface is disrupted. If needed, proper wound care will prevent infection and scarring.
- Histamine/hives: some people may develop raised papules similar to hives, this usually subsides within a few hours.
- There is an unlikely, but potential risk of an allergic reaction to the adhesive on the decals or return pads that are applied to the skin during the treatment. Such risks include temporary swelling, itching, and formation of a rash.

The consent form will contain the above listed potential and common sides affects, as well as, the possible complications and adverse reactions. It will also contain the following statements that we will require to be acknowledged.

- I agree to contact Fresh Laser Skin Studio Ltd. if I have any questions or concerns/reactions with my treatment(s). I understand that 24 hrs notice is required for appointment cancellation or rescheduling; or I will be responsible for a cancellation fee of up to \$50.
- I confirm that I have not used Retin A or Retinol topically in the treatment area, for a minimum of 3 days prior to my treatment or taken oral isotretinoin medicine (brand names include “Accutane”/ “Roaccutane”/ “Oratane”/”Nimegen”, mainly used for acne treatment) in the past 6 months.
- I confirm that I am not pregnant. If I should become pregnant during the course of my treatments, I will inform Fresh Laser Skin Studio and understand I will not be able to continue with my TruSculpt iD and/or FlexSure treatments until after my pregnancy.
- I am aware my results may vary with each individual treatment, that multiple treatments may be required for satisfactory results and maintenance treatments may be advisable. There is no guarantee that the expected or anticipated results will be achieved despite your technician’s best efforts and there are no refunds for services rendered.
- I understand and acknowledge all the possible risks/complications involved with truSculpt iD and/or FlexSure treatments. I consent to receive truSculpt iD and/or FlexSure treatments performed by Fresh Laser Skin Studio, and will not hold Fresh Laser Skin Studio liable for any risks/complications regarding truSculpt iD and/or FlexSure treatments.
- I certify that I have read and fully understand the above paragraphs. I have had the opportunity for discussion and all my questions have been answered to my satisfaction.
- This signed consent will be for all truSculpt iD and/or FlexSure treatments received within one year and I will notify my technician if there have been any changes in my health during this time.

Please contact us via email (info@freshlaser.ca) or phone (403-264-4494) if you have any further questions.

We look forward to providing you with the best results possible!

Specializing in your skin care needs!
Thank you.