

Southwest Michigan Plastic Surgery & Med Spa
**PATIENT INFORMED PRE/POST CARE FORM
FOR TRU-SCULPT & EVOLVE X TREATMENT**

BEFORE YOUR TREATMENT:

- Hair in the treatment and return pad area need to be shaved
- Be well hydrated prior to treatment
- Body piercings may need to be removed if under or near the treatment area
- Notify clinic of any changes to your health history or medications since your last appointment

AFTER YOUR TREATMENT:

- Redness and swelling may occur and typically resolve within a few days
- Palpable nodules that are tender to touch or lumps in the treatment area may develop in the treated area up to 72 hours following treatment, and typically resolve over several weeks
- Subjects from CUTERA clinical study were advised to gently massage the nodules for 2-5 minutes twice daily
- Multiple treatments may be required
- Notify clinic if any of the following occur:
 - Blister, crusting or skin burns
 - Tenderness, redness or swelling persisting longer than a few days
 - Nodules that are tender to touch or lumps in the treatment area that last longer than 4 weeksThese may develop up to 72 hours post-treatment and typically resolve over several weeks
- Adverse experiences are listed on consent form as well as on the back of this post care page.

Additional instructions:

Southwest MI Plastic Surgery & Med Spa
7971 Moorsbridge Road
Portage, MI 49024
(269) 329-0655

The procedure may result in the following adverse experiences or risks:

- **DISCOMFORT/PAIN** – Moderate discomfort during treatment is expected. Mild

discomfort or slight tenderness in the treatment area may persist for a few hours following treatment, potentially extending to a few days.

- **REDNESS/SWELLING/BRUISING** – Short term redness (hyperemia) is expected following treatment and typically persists for several hours. In addition, swelling (edema) and/or bruising of the treated area may occur and typically resolve within 24 hours to a few days.
- **BRUISING/PETECHIAE OUTSIDE THE TREATMENT AREA** - May occur under the area where the decal is applied and can occur in the process of removing the decal from patient's skin.
- **LUMPS** - Firm endemic areas may develop in the treated area 24 to 72 hours following treatment, and typically resolve without intervention over several weeks. If lumps do develop, they are typically tender to touch.
- **WOUNDS** – Treatment can result in burning, blistering, crusting, scabbing or bleeding of the treated areas. If any of these occur, please call our office (269) 329-0655.
 - o **INFECTION** – Infection is a possibility whenever the skin surface is disrupted, although proper wound care should prevent this. If signs of infection develop, such as pain, heat, or surrounding redness, please call our office (269) 329-0655. It is **IMPORTANT** that you follow all post-treatment instructions provided by your healthcare staff.
 - o **SCARRING** – Scarring is a rare occurrence, but it is a possibility if the skin surface is disrupted. To minimize the chances of scarring, it is **IMPORTANT** that you follow all post-treatment instructions provided by your healthcare staff.
 - o **SKIN COLOR CHANGES** – If the skin surface is disrupted, there is a possibility that the area may become either lighter (hypopigmentation) or darker (hyperpigmentation) in color compared to the surrounding skin. This is usually temporary, but, on a rare occasion, it may be permanent.
- **NUMBNESS** – Temporary numbness may occur, but is rare.