

Before and after your visit

Patient name: _____ DOB: _____ Today's date: _____

Before your appointment

- Confirm the Body applicator and treatment area. Tell us about pregnancy, electronic or metal implants, recent surgery, a hernia, reduced skin sensation, circulation problems, a rash, wounds or infection in the area.
- Wear clothing that allows access to the treatment area. Arrive with clean skin; staff will confirm which creams or oils to remove. Set aside removable jewelry when asked.
- Keep taking prescribed medicines unless the prescribing clinician tells you otherwise. Tell us about blood thinners and all supplements.

During treatment

- You may feel warmth as the applicator moves. Tell staff immediately about hot spots, burning, sharp pain or unexpected numbness.

After treatment

- Temporary warmth, redness, mild swelling or tenderness can occur. Resume usual activity as tolerated, unless the clinician limits it.
- Avoid rubbing or irritating skin that is sore.
- Attend the planned follow-up; your course and any maintenance are based on your response.

When to contact us

- Call for blistering, burns, broken skin, increasing pain or swelling, or new numbness or weakness. Do not apply more heat or attempt to treat a burn yourself. Call 911 for trouble breathing, swelling of the tongue or throat, chest pain, collapse or stroke symptoms.

Patient initials: _____ I acknowledge receipt of these instructions.

A copy will be kept in my patient record.